HERBAL MONOGRAPHS

including

HERBAL MEDICINAL PRODUCTS

and

FOOD SUPPLEMENTS



Maria Spiteri

Herbal Monographs

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Herbal Medicinal Products

and

Food Supplements

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Abbreviations

5-HTP	5-hydroxytryptophan
ACE	Angiotensin converting enzyme
ADHD	Attention deficit hyperactivity disorder
AIDS	Acquired immunodeficiency syndrome
BP	British Pharmacopoeia
BPH	Benign prostatic hypertrophy
CHF	Congestive heart failure
CLA	Conjugate linoleic acid
CNS	Central nervous system
COPD	Chronic obstructive pulmonary disease
DHA	Docosahexaenoic acid
DNA	Deoxyribonucleic acid
EFA	Essential fatty acid
EPA	Eicosapentaenoic acid
EPO	Evening primrose oil
Equiv	Equivalent
EU	European Union
FA	Fatty acid
FDA	Food and drug administration
GI	Gastrointestinal
GLA	Gamma linolenic acid
HIV	Human influenza virus
HMP	Herbal medicinal product
HRT	Hormone replacement therapy
HSV	Herpes simplex virus
IBD	Irritable bowel disease
INR	International normalised ratio
LA	Linoleic acid

LDL	Low density lipoprotein
MAOI	Monoamine oxidase inhibitor
mcg	Micrograms
mg	Milligrams
MSM	Methyl Sulphonyl Methane
NNRTI	Non-nucleoside reverse transcriptase inhibitor
NSAIDs	Nonsteroidal anti-inflammatory drugs
NYHA	New York Heart Association
OCD	Obsessive-compulsive disorder
OCP	Oral contraceptive pill
OTC	Over the counter
oz	Ounce
PABA	Para amino benzoic acid
PMS	Premenstrual syndrome
ppm	Parts per million
SARS-associated CV	SARS-associated coronavirus
SLE	Systemic lupus erythematosus
SSRI	Selective serotonin reuptake inhibitor
tsp	Teaspoon
UOM	University of Malta
UVA	Ultraviolet A
UVB	Ultraviolet B
UVC	Ultraviolet C

MONOGRAPHS

ACEROLA
Malpighia glabra

Family: Malpighiaceae
Medicinal Parts: Leaves, fruit.

Indications:
Principal: Common cold (acerola is a source of vitamin C)[1, 2].
Others: Prophylaxis of scurvy[3], prophylaxis of atherogenesis in patients with increased risk of coronary heart disease[4].

Cautions: Patients allergic to latex[2].

Contraindications: None noted.

Side-effects: Nausea, stomach cramps, sleepiness, insomnia[3].

Drug interactions: Decreased activity of fluphenazine and warfarin[3], beneficial synergistic effect with soy & alfalfa[4].

Dose: 40-100mg daily[2].

Altasterol® Stimulant (Alta Care) see Ginger

Children's Echinacea (HealthAid) see Echinacea

Cranberry (Arkopharma) see Cranberry

Ester-C® 1000mg Plus Vitamin C
(Solgar)
Tablets; Vitamin C 1000mg, citrus bioflavonoids 200mg, acerola fruit powdered extract 25mg, powdered rose hip 25mg, rutin 25mg.
Local Distributor: Natural Remedies

Formula VM-75 (Solgar) see Buckwheat

AGNUS CASTUS
Vitex agnus-castus

Family: Lamiaceae
Medicinal Parts: Fruit.

Indications:
Principal: PMS, irregularities of the menstrual cycle, mastalgia, mastodynia, poor lactation[5, 28].
Major: Acne[5], mastopathy, hot flushes and sleep disturbances in pre- and postmenopausal women[6].

Contraindications: Oestrogen or progesterone sensitive tumours, pregnancy[5].

Side-effects: Nausea, headache, GI disturbances, menstrual disorders, acne, pruritus, erythematous rash[5, 7].

Drug interactions: Dopamine antagonists, oral contraceptives[5].

Dose: Aqueous alcohol extract: 30-40mg daily[8]; Fruit: 0.5-1g three times daily[9].

Acne-n-Pimple Cream (Himalaya) see Aloe Vera

Agnus Castus (A.Vogel)
Liquid; Tincture of chaste tree dried fruit, extracted in alcohol (69% v/v).
Local Distributor: Health Plus

Agnus Castus (HealthAid)
Liquid; Agnus castus extract 1:3 (equiv. to 330mg of agnus castus herb in 1ml).
Tablets; Agnus castus powder 550mg.
Local Distributor: Galea & Galea

Agnus Castus Herbal Complex (Vega)
Capsules; Agnus castus berry extract (5:1) 60mg (equiv. to 300mg agnus castus berry herb); Vega Phytoantioxidant Base™ 330mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1, equiv. to herb 528mg, prebiotic acacia gum 264mg.
Local Distributor: Alfred Gera & Sons Ltd.

Femmevit® (HealthAid) see Starflower

Herbal Female Complex (Solgar) see Black Cohosh

Menovital® (HealthAid) see Dong Quai

Vitex Agnus Castus 1000mg (Lamberts)
Tablets; 1000mg *Vitex agnus-castus* (provided by 100mg of a 10:1 extract).
Local Distributor: Health Plus

ALFALFA
Medicago sativa

Family: Fabaceae
Medicinal Parts: Whole flowering plant, germinating seeds.

Indications:
Principal: Hypercholesterolemia; used as a source of nutrients including vitamins[9].
Major: Diabetes[11, 28]; malfunctioning of the thyroid gland[28].
Minor: Kidney, bladder & prostate disorders; asthma; arthritis[10, 11].

Cautions: Undergoing HRT, taking birth control medications[12], diabetes[13].

Contraindications: History of SLE, children under 18[13], pregnant or breast-feeding[9, 12].

Side-effects: Photosensitivity[11], mild GI symptoms (stomach discomfort, diarrhea, flatulence), hypoglycemia, muscle pain, fatigue, abnormal blood cell count[13].

Drug interactions: HRT, anti-oestrogen therapy, contraceptive pill, anticoagulants[14].

Dose: 5-10g dried herb three times daily; 5-10ml liquid extract (1:1 in 25% alcohol) three times daily[9, 12].

Alfalfa (Arkopharma)
Tablets; Medicago sativa powder 435mg.
Local Distributor: Pharmacos Ltd.

Alfalfa 500mg (Power Health)
Tablets; Alfalfa powder 500mg.
Local Distributor: Kemimport Ltd.

Alfalfa Leaf (HealthAid)
Tablets; Alfalfa leaf powder 700mg.
Local Distributor: Galea & Galea

EyeVit (HealthAid) see Eyebright

Formula VM-75 (Solgar) see Buckwheat

Healthy Mega (HealthAid) see Buckwheat

Slim-Rite (HealthAid)
Tablets; Alfalfa leaf powder 200mg, buckthorn extract 75mg, cascara sagrada extract 50mg, birch extract 40mg, taurine 40mg, dandelion extract 20mg, uva ursi extract 20mg, bladderwrack extract 17mg, barberry root powder 10mg, ginger root powder 5mg, chicory powder 3mg, parsley seed powder 2mg, nasturtium extract 2mg, juniper berry powder 2mg, curcuma root powder 250mcg.
Local Distributor: Galea & Galea

ALOE VERA

Aloe barbadensis

Family: Aloeaceae
Medicinal Parts: Leaves.

Indications:
Principal: Topically as an emollient for wounds, burns, sunburn, mild abrasion[15, 16, 17].
Major: Occasional constipation[15, 16, 17].
Minor: Ulcers, psoriasis, genital herpes, radiation-induced dermatitis, type 2 diabetes, HIV infection, ulcerative colitis, irritable bowel syndrome, lung cancer prevention[5, 16, 17].

Cautions: Thyrotoxicosis[5], heart disease, electrolyte abnormalities, diabetes or hypoglycemia[16]. Avoid excessive and long-term use (more than 2 weeks), as potassium losses may occur, which may alter cardiac electrophysiology[5].

Contraindications: Hypersensitivity to aloe or with nausea, vomiting or signs & symptoms of GI obstruction[5], GI obstruction, appendicitis, abdominal pain of unknown origin, children under 12[8], pregnancy and lactation, chronic constipation, kidney disorders, haemorrhoids, irritable bowel conditions[15].

Side-effects: Cramping, diarrhoea, dependency or worsening of constipation, red urine[16, 17], hypersensitivities and contact dermatitis to aloe[5].

Drug interactions: Antidiabetic therapy, laxatives, cardiac glycosides, antiarrhythmic drugs[18]; thiazide diuretics, corticosteroids, licorice roots – cause exacerbation of potassium depletion[14].

Dose: Single dose: powdered aloe vera, 50-200mg at bedtime; tincture (1:40, 45% ethanol), 2-8ml. Aloe vera should be taken for a maximum of 8-10 days[15].

Active Mature 50+ (Vega)
Tablets; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg, ginkgo biloba leaf extract 50:1 equiv. to herb 500mg, deodorized garlic clove extract 10:1, equiv. to herb 100mg, magnesium 90mg, vitamin C 60mg, niacin 30mg, betaine hydrochloride 30mg, bilberry fruit extract 4:1 equiv. to herb 30mg, cruciferous vegetable (cabbage, broccoli, sprouts) concentrate 30mg, pancreatin (vegetarian source) 30mg, shiitake mushroom powder 30mg, vitamin E 30mg, pantothenic acid 18mg, zinc 15mg, choline bitartrate 10mg, inositol 10mg, vitamin B6 10mg, iron 7mg, beta carotene 4.8mg, vitamin B2 4.8mg, vitamin B1 4.2mg, alpha lipoic acid 2mg, lutein esters 2mg, folate 600mcg, manganese 0.5mg, selenium 200mcg, chromium 100mcg, copper 100mcg, vitamin B12 5mcg, vitamin D2 5mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Acne-n-Pimple Cream (Himalaya)
Cream; Lentil, silk cotton tree, alum, aloe vera, chaste tree.
Local Distributor: Grefed Worldwide Trading

Alkagin® (Istituto Ganassini) see Mallow

Aloe Vera (HealthAid)
Cream, lotion; Aloe vera, lavender oil, patchouli oil, sweet almond oil.
Gel; Aloe vera.
Soap; Aloe vera leaf juice 3%, lavender oil, patchouli oil.
Local Distributor: Galea & Galea

Aloe Vera 5000 (Power Health)
Capsules; Aloe vera (200:1) equiv. to fresh aloe vera gel 25mg.
Local Distributor: Kemimport Ltd.

Aloe Vera 5000mg (HealthAid)
Capsules; Aloe vera (200:1) gel extract equiv. to 5000mg of fresh aloe vera.
Local Distributor: Galea & Galea

Aloe Vera 10,000mg (Lamberts)
Capsules; 10,000mg aloe vera extract equivalent to 50mg of a 200:1 extract.
Local Distributor: Health Plus

Aloe Vera ESI® (ESI)
Gel; Aloe vera, tea tree, vitamin E.
Juice; Aloe vera.
Local Distributor: Collis Williams Ltd.

Aloe Vera Herbal Complex (Vega)
Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 500mg; Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1 equiv. to herb 624mg, prebiotic acacia gum 312mg.
Local Distributor: Alfred Gera & Sons Ltd.

Aloe Vera Juice (Kelkin)
Juice; *Aloe barbadensis* miller leaf juice (filtered), citric acid anhydrous E330, potassium sorbate E202, sodium benzoate E211.
Local Distributor: Galea & Galea

Aloe Vera Juice (Power Health)
Juice; 99.7% aloe vera.
Local Distributor: Kemimport Ltd.

Altaflora® Gastrogel (Alta Care)
Syrup; Pineapple concentrate 9.46g, aloe leaf 400mg, elder leaf 30mg, liquorice 30mg, fructose 25mg, mint leaf 20mg, green aniseed 20mg, xanthane gum 5mg, pineapple flavour 2.5mg, pineapple juice extract 2mg, artichoke extract 1.5mg, papaya dry extract 1mg, potassium sorbate 1mg, sodium methyl parahydroxybenzoate 1mg.

Tablets; Di calcium phosphate 268mg, calcium carbonate 105mg, micro crystalline cellulose 100mg, aloe vera concentrate 80mg, pineapple extract 50mg, fennel seed extract 30mg, chamomile extract 30mg, papaya latex extract 20mg, magnesium stearate 14mg, lactobacillus acidophilus 1mg, peppermint essential oil 1mg, silica 1mg.
Local Distributor: Ultra Pharma Ltd.

Bromelain Complex (Vega)
Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg, bromelain 200mg, vitamin C 60mg, DL-phenylalanine 50mg, flaxseed seed powder 50mg, malic acid 50mg, pumpkin seed powder 50mg, niacin 18mg, vitamin E 10mg, zinc 7.5mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Coloclear Extra (Higher Nature) see Flaxseed

Colonease (HealthAid)
Capsules; 25mg Aloe vera (200:1), 5mg peppermint oil, 5mg parsley seed oil, 1mg clary sage oil.
Local Distributor: Galea & Galea

Dermavital (HealthAid)
Lotion; *Aloe barbadensis* (Aloe vera), *Lavandula angustifolia* (lavender oil), water, glycerin, cetearyl alcohol (from palm oil), isopropyl palmitate (from palm oil), dimethicone, ceteareth-20, stearic acid, cetyl alcohol (from palm oil), phenoxyethanol, ethylhexylglycerin, pogostemon cablin (patchouli oil), triethanolamine, tetrasodium EDTA, carbomer, tocopheryl acetate (vitamin E), linalool, limonene & geraniol from natural essential oils .
Local Disributor: Galea & Galea

Erbalax® Forte Compresse (Erba Vita) see Senna

Gastro-Vit Formula (Vega)
Capsules; Aloe vera whole leaf extract 200:1 equiv. to herb 2000mg; oat bran 50mg; aniseed fruit oil and powder 20mg; caraway fruit/seed oil and powder 20mg; deglycyrrhised liquorice root extract 20mg; ginger root powder 10mg; cardamon pod oil 10mg; cinnamon bark oil 10mg; activated organic charcoal 50mg; prebiotic fructooligosaccharides 50mg; lipase 10mg; peppermint leaf powder 10mg; protease 10mg; Vega Phytoantioxidant Base™ 50mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 80mg, prebiotic acacia gum 40mg.
Local Distributor: Alfred Gera & Sons Ltd.

Herbal Cream (HealthAid) see Arnica

Multi-Gyn® ActiGel (MultiGyn)
Gel; *Aloe barbadensis* extract, *2QR-complex.
Local Distributor: Svea Distributors Co. Ltd.

Multi-Gyn® FemiWash (MultiGyn)
Emulsion; *Aloe barbadensis* extract, lactic acid, 2QR-complex*.
Local Distributor: Svea Distributors Co. Ltd.

Multi-Gyn® LiquiGel (MultiGyn)
Gel; *Aloe barbadensis* extract, *2QR-complex.
Local Distributor: Svea Distributors Co. Ltd.

Multi-Gyn® Tablets (MultiGyn)
Effervescent tablets; Sodium bicarbonate, citric acid, aloe vera powder, lactose, ascorbic acid.
Local Distributor: Svea Distributors Co. Ltd.

Multi-Mam® BabyWash (Multi-Mam)

* Patented bio-active polysaccharides derived from *Aloe barbadensis* inner leaf gel by molecular filtration process.

Emulsion; *Aloe barbadensis* extract, lactic acid, *lavendula angustifolia*, 2QR-complex.
Local Distributor: Svea Distributors Co. Ltd.

Multi-Mam® Compresses (Multi-Mam)
Compresses; 2QR-complex, glycerin (plant origin), xanthan gum.
Local Distributor: Svea Distributors Co. Ltd.

Neo Fermental Max (ESI)
Capsules; Aloe vera 20mg, vitamin B2 1.4mg, vitamin B6 1.4mg, vitamin B1 1.1mg, vitamin B12 2.5mcg, bacillus coagulans, fructooligosaccharides.
Sachets; Aloe vera 60mg, vitamin B2 1.4mg, vitamin B6 1.4mg, vitamin B1 1.1mg, vitamin B12 2.5mcg, bacillus coagulans fructosaccharides.
Local Distributor: Collis Williams Ltd.

No-Dol (ESI) see Devil's Claw

Organic Aloe Vera (dr.organic®)
Cream; Aloe vera, shea butter, cocoa butter, sweet almond oil, panthenol.
Eye gel; Aloe vera, butcher's broom, horse chestnut, gotu kola, calendula, liquorice, eyebright, panthenol.
Gel; Aloe vera.
Lip Balm; Aloe vera, shea butter, beeswax, vitamin E.
Local Distributor: Galea & Galea

Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula (dr. organic®)
Gel; Aloe vera, cucumber, calendula, witch hazel, arnica.
Local Distributor: Galea & Galea

Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica (dr. organic®)
Gel; Aloe vera, tea tree oil, witch hazel, arnica.
Local Distributor: Galea & Galea

Organic Lavender (dr.organic®) see Lavender

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®) see Tea tree

Rash Relief Cream (Rapaid)
Cream; Aloe vera, tea tree oil.
Local Distributor: Collis Williams Ltd.

ANANAS
see Pineapple

ANGELICA
Angelica archangelica

Family: Umbelliferae
Medicinal Parts: Seed, whole herb, root.

Indications:
Principal: Dyspeptic complaints such as mild GI spasms, flatulence, eructation, bloating or sluggish digestion; loss of appetite, anorexia nervosa[8, 9, 19, 28].
Major: Bronchitis, respiratory catarrh, rheumatic and arthritic conditions,

menstruation complaints[9, 19, 28].
Minor: Peripheral vascular disease (a specific treatment for Buerger's disease)[19].
Others: Liver & biliary duct conditions, body lice[28].

Cautions: Avoid prolonged exposure to sunlight for the duration of treatment with Angelica or its preparations[19, 28].

Contraindications: Pregnancy[9, 19, 28].

Side-effects: Photosensitization of the skin is possible due to furanocoumarins[8, 19, 28].

Drug interactions: Anticoagulants, thrombolytic agents, low molecular weight heparins[28].

Dose: Three times daily: dried root and rhizome, 0.6-2 gm or as an infusion (1 in 20); liquid extract 1:1 in 25% alcohol, 0.5-2 ml; tincture 1:5 in 50% alcohol, 0.5-2ml[19].

Carbogas (Sella) see Fennel

CarbonFlor® (Erba Vita) see Aniseed

Flodol® Artro (Alta Care) see Meadowsweet

Menophase (Higher Nature) see Schisandra

ANISE
see Aniseed

ANISEED
Pimpinella anisum

Family: Umbelliferae
Medicinal Parts: Essential oil from ripe & dried fruit.

Indications:
Internal
Principal: Dyspeptic complaints such as flatulence and colic especially in children, nausea, indigestion[9, 19].
Major: Catarrhs of the respiratory tract, bronchitis, whooping cough, spasmodic cough[9, 19, 20].
Minor: To stimulate lactation[9, 19].
External
As diluted anise oil to treat lice and scabies[9, 19].

Cautions: Pregnancy, lactation (increases milk secretions, promotes menstruation & facilitates birth), patients on OCP, HRT or MAOIs[9, 14].

Contraindications: Hypersensitivity to anise or related plants in the

Umbelliferae family such as fennel, cumin and coriander[14].

Side-effects: Contact dermatitis, photodermatitis, asthma[9, 21].

Drug interactions: Caution with patients on MAOIs, warfarin[22], contraceptive pill, HRT.

Dose: Dried, crushed fruits, 3g as an infusion or equivalent preparation; anise oil, 0.3g[19].
External use: Preparations containing 5-10% of anise oil[19].

Alito Fresco e Balsamico (Sella) see Eucalyptus

Altaflora® Gastrogel (Alta Care) see Aloe Vera

CarbonFlor® (Erba Vita)
Capsules; Charcoal 202.5mg, green anise fruits dry extract 202.5mg, fennel fruits dry extract 202.5mg, standardised at 0.5% in essential oil, angelica root dry extract 202.5mg, peppermint leaves micronized powder 135mg, balm-mint leaves dry extract 135mg, standardized at 2% in rosemary acid, pineapple stem dry extract 135mg, oats fruits dry extract 135mg.
Local Distributor: E.J. Busuttil Ltd.

Gastro-Vit Formula (Vega) see Aloe Vera

Ivy-Thyme Complex (A.Vogel) see Thyme

Karbofin Forte (ESI) see Fennel

Potter's Sugar Free Cough Pastilles see Licorice

ARNICA

Arnica montana†

Family: Asteraceae/Compositae
Medicinal Parts: Flowers, leaves, rhizome, roots.

Indications:
Principal: Bruises, sprains[23].
Major: Unbroken chilblains, dislocations, inflammation caused by insect bites, oedema associated with fractures, rheumatic complaints in muscles and joints[8, 9, 19, 20].
Minor: Furunculosis, phlebitis, cardiac insufficiency, angina pectoris, myocarditis[8, 9, 19, 20].
Others: Oedema during the early postoperative period[23, 24], phrophylaxis of pain in tonsillectomy[25].

Cautions: For use only on unbroken skin[19].

Contraindications: Other known hypersensitivity to other family members of the family Compositae, and Tagetes spp. (Marigold)[14, 19, 20, 26, 27].

† Arnica should not be taken internally except in suitable homeopathic dilutions. Oral administration of arnica is often accompanied by severe side effects and may even lead to death[8].

Side-effects:
Fairly common: Skin irritation and inflammation[19].
Others: Prolonged use on damaged skin e.g. on injuries or crural ulcer, relatively frequently causes oedematous dermatitis with blistering; eczema may also arise with prolonged use; primary toxic skin reactions with blistering or even necrosis with dosage forms of higher concentrations[8, 19].

Drug interactions: Potential interaction with aspirin[14].

Dose:
Infusion for compresses: 2g of arnica flower to 100ml of water.
Tincture 1:10 in 70% ethanol: for compression, tincture diluted 3- to 10-fold with water; for mouthwashes, tincture diluted 10-fold with water; in ointments or gels, 10-25% of tincture[19].

Arnica (Bios Line)
Ointment; Sweet almond oil 3%, arnica glycerin maceration 4%, centella glycerin maceration 2%, witch hazel hydrolat 5%.
Local Distributor: Collis Williams Ltd.

Arnica (HealthAid)
Cream; Sweet almond oil, arnica, lavender oil, ylang-ylang.
Local Distributor: Galea & Galea

Arnica (Sella)
Gel; *Arnica montana* 10%.
Local Distributor: Premier HealthCare

Arnicare™ (Nelsons)
Cream, gel; *Arnica montana*.
Local Distributor: Serolf Trading Agency

Atrogel (A.Vogel)
Gel; 1g contains 500mg arnica extract, equiv. to 160mg fresh arnica flowers.
Local Distributor: Health Plus

Flodol® (Alta Care) see Meadowsweet

Herbal Cream (HealthAid)
Cream; Sweet almond oil, neem oil, tea tree, arnica, rosemary oil, peppermint oil, aloe vera, vitamin E.
Local Distributor: Galea & Galea

Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula (dr.organic®) see Aloe Vera

Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica (dr. organic®) see Aloe Vera

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®) see Tea tree

ARTICHOKE

Cynara scolymus L.

Family: Asteraceae/Compositae
Medicinal Parts: Leaves.

Indications:
Major: Loss of appetite, dyspepsia, liver and gallbladder complaints[8, 28, 31, 32, 45].
Minor: Irritable bowel syndrome, prophylactic treatment against the recurrence of gall stones, hypercholesterolaemia[5, 9, 28, 29, 30, 31].
Others: Alcohol-induced hangovers[5, 31].

Cautions: Pregnancy, lactation, known allergies to other composites (including chrysanthemes, arnica pyrethrum)[5, 9, 28, 31].

Contraindications: Bile duct obstruction, gallstones[5, 8, 9, 28, 31].

Side-effects: Flatulence, weakness, hunger, contact dermatitis[5, 31].

Drug interactions: No known or reported drug or supplement interactions with artichoke leaf extract[31].

Dose: Average daily dose is 6gm of drug in divided doses; single dose is 500mg of dry extract[28, 31].

2-Day DetoxPlan (HealthAid) see Milk Thistle

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Altadrine® Day Burner (Alta Care) see Grapeseed

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Altaflora® Transit (Alta Care) see Rhubarb

Artichoke (Arkopharma)
Capsules; Artichoke 200mg.
Local Distributor: Pharmacos Ltd.

Artichoke (HealthAid)
Tablets; 190mg artichoke powder, 204mg artichoke extract standardised for min. 2.5% cynarin (equiv. to 8160mg raw artichoke powder).
Local Distributor: Galea & Galea

Colestroforte™ (HealthAid) see Fenugreek

Cynara (A.Vogel)
Liquid; Tincture of organically grown fresh globe artichoke leaves, extracted in alcohol (66% v/v).
Local Distributor: Health Plus

Detoxil (Vitabiotics)
Tablets; Artichoke conc. extract 25mg, grapefruit conc. extract 25mg, dandelion root extract 25mg, vitamin A 200mcg, vitamin D 2.5mcg, vitamin E 15mg, vitamin C 60mg, thiamin 6mg, riboflavin 2.5mg, niacin 13.5mg, vitamin B6 5mg, folacin 200mcg, vitamin B12 10mcg, biotin 15mcg, pantothenic acid 25mg, iron 2.5mg, magnesium 25mg, zinc 7.5mg, manganese 2mg, copper 0.5mg, iodine 100mcg, selenium 60mcg, betacarotene 1mg, N-acetyl cysteine 15mg, methionine 20mg, phosphatidylcholine 5mg.
Local Distributor: Kemimport Ltd.

Ibisene® (Lamberts)
Tablets; Artichoke extract 8000mg providing cynarin 16mg.

Local Distributor: Health Plus

Livercare® (HealthAid) see Milk Thistle

Milk Thistle & Artichoke (Higher Nature) see Milk Thistle

Milk Thistle Complex (HealthAid) see Milk Thistle

Milk Thistle Plus (FSC) see Milk Thistle

ASTRAGALUS
see Tragacanth

BAMBOO
Arundinaria japonica

Family: Poaceae
Medicinal Parts: Young shoots.

Indications: Asthma, arthritis, coughs[28].

Contraindications: None known.

Side-effects: No health hazards are known in conjunction with the proper administration of designed therapeutic dosages.

Drug interactions: None known.

Dose: There is not enough scientific evidence to safely recommend the use of bamboo.

Bamboo Gum (Arkopharma)
Capsules; Bamboo dry extract 314mg.
Local Distributor: Pharmacos

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®) see Tea tree

Silica 250mg (HealthAid)
Capsules; Bamboo extract 357mg whichh provides silica 250mg.
Local Distributor: Galea & Galea

BAOBAB
Adansonia digitata

Family: Bombacaceae
Medicinal Parts: Roots, fruit, leaves.

Indications:
Principal: Fever, mild diarrhoea, urinary disorders[28].
Major: Malaria, ulcer, skin problems, anaemia[28].

Cautions: The plant contains tartaric

acid which is mildly irritating in high concentrations[28].

Side-effects: None known.

Drug interactions: No human drug information is available.

Reintegra MgKB Balance (Erba Vita) Sachets; Baobab fruit pulp 325mg, magnesium 375mg, potassium 300mg, vitamin B3 27mg, vitamin B6 3mg, vitamin B2 2.4mg, vitamin B1 2.1mg, vitamin B9 200mcg, vitamin B12 2.5mcg. Local Distributor: E.J. Busuttil Ltd.

BARBERRY

Berberis vulgaris

Family: Berberidaceae
Medicinal Parts: Fruit, root, bark.

Indications:
Principal: Liver malfunction, kidney stones, gall bladder disease, urinary tract disorders, diarrhoea, indigestion[8, 19, 28].
Major: Jaundice, splenopathy, renal disease[8, 28].
Minor: Gout, rheumatism, arthritis, lumbago, malaria, leishmaniasis[14, 19, 28].
Others: Dry skin disease, opium or morphine withdrawal[19, 28].

Cautions: To avoid polyherbal remedies containing goldenseal and oregon grape due to a high total content of berberine, patients receiving antithrombotic or antirheumatic therapy[14].

Contraindications: Pregnancy[14, 28], use of NSAIDs[28].

Side-effects: None at normal doses[14, 19, 28]. Lethargy, nosebleeds, dyspnoea, nephritis, GI discomfort, hypotension, flu-like symptoms, cardiac damage occurs in excessive doses[14, 28].

Drug interactions: NSAIDs, antithrombotic and antirheumatic therapy[14].

Dose: Dried stem or root bark: 1.5-3 gm; liquid extract: 3-6ml; tincture: 7-14ml[19].

Aquaflow® (HealthAid) see Dandelion

Slim-Rite (HealthAid) see Alfalfa

Livercare® (HealthAid) see Milk Thistle

Milk Thistle Complex (HealthAid) see Milk Thistle

BARLEY
Hordeum distichon

Family: Graminaceae
Medicinal Parts: Polished grain without the husk.

Indications: Convalescents, diarrhoea, gastritis, inflammatory bowel conditions[28].

Contraindications: Pregnancy[28].

Side-effects: No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.

Drug interactions: None known.

Dose: Boil 1 part barley in 9 parts water for 20 minutes and strain; a dose is from 1 to 4 oz[28].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

Bambu® (A.Vogel) see Chicory

Venalta® (Alta Care) see Grapeseed

Venalta® Ampoules (Alta Care) see Grapeseed

BEAN POD
see Kidney Bean

BEARBERRY
see Uva Ursi

BETONY
see Wood Betony

BILBERRY
Vaccinium myrtillus

Family: Ericaceae
Medicinal Parts: Dried leaves, dried ripe fruit or fresh fruit.

Indications:
Fruit

Principal: Prevention of cataract worsening, impaired night vision, macular degeneration[33], haemorrhoids[5, 8, 14, 28, 36].
Major: Non-specific acute diarrhoea, inflammation of the mouth and

pharynx, vomiting, bleeding[5, 14, 28].
Minor: Poorly healing skin ulcers, wound healing, diabetes, bleeding gums, nose bleeds, peptic ulcers, spider veins[5, 28].
Others: Dysmenorrhea, diabetic retinopathy, coronary artery relaxation[34], chronic fatigue syndrome[35].

Leaves
Principal: Prevention & treatment of diabetes mellitus[5, 8, 28, 37].
Major: Complaints of the GI tract, kidneys and urinary tract, arthritis, poor circulation, functional heart problems[5, 8, 28].
Minor: Gout, dermatitis, haemorrhoids, inflammation of the oral mucosa[28], eye inflammation[38], burns[28], anti-carcinogenic properties: repair and protect genomic DNA integrity, reduce age-associated oxidative stress, improve neuronal and cognitive brain function[39].

Cautions: Not to be used in high doses or on prolonged use as chronic intoxication may arise[14].

Side-effects: GI disorders including nausea[5, 8, 14, 28].

Drug interactions: Increased risk of bleeding or bruising with high doses in patients taking oral anticoagulants or platelet-inhibiting drugs[14].

Dose: For commercially available tablets and capsules that are standardised to 36% anthocyanosides, the recommended dose is 60-160mg three times daily[28].

Active Mature 50+ (Vega) see Aloe Vera

Active Women's Multivitamins & Minerals (Vega) see Siberian Ginseng

Antioxidant Selenium-ACE Formula (Vega)
Capsules; Bilberry standardised extract 120mg (min. 20% anthocyanadins), green tea standardised extract 50mg (min. 40% polyphenols), grape standardised extract 20mg (min. 95% polyphenols), vitamin C 150mg, vitamin E 200mg, vitamin A 400mcg, selenium 100mcg, Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 160mg, prebiotic acacia gum 80mg.
Local Distributor: Alfred Gera & Sons Ltd.

Bilberry (A.Vogel)
Liquid; Tincture of fresh bilberry leaves and stems, extracted in alcohol (66% v/v).
Local Distributor: Health Plus

Bilberry (HealthAid)
Liquid; Bilberry extract 1:3 (equiv. of 330mg of bilberry herb in 1ml).
Tablets; Bilberry powder 210mg, bilberry extract 65mg (standardised to 25% anthocyanidine).
Local Distributor: Galea & Galea

Bilberry Extract (Power Herbs)
Tablets; Bilberry extract (100:1) 25mg equiv. to fresh bilberries 2500mg.
Local Distributor: Kemimport Ltd.

Brain Fuel Formula (Vega) see Ginkgo

Cardiohealth Formula (Vega) see Garlic

Cellulite Formula (Vega) see Ginkgo

Eyewise® (Lamberts) see Grapeseed

Grapeseed Antioxidant Formula (FSC) see Grapeseed

Hematinic Blood Co-Factors (Vega) see Ginkgo

Immune + (Higher Nature) see Elder

Maxijoint Formula (Vega)
Capsules; Bilberry standardised fruit extract 4:1 equiv. to herb 30mg (min. 20% anthocyanadins), green tea standardised leaf extract 30mg (min. 40% polyphenols), pine standardised bark extract 2mg (min. 70% proanthocyanadins), MSM 250mg, vitamin C 60mg, citrus bioflavonoids 30mg, niacin 18mg, vitamin E 10mg, zinc 7.5mg, pantothenic acid 6mg, beta carotene 2.4mg, alpha lipoic acid 2mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mcg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Multi Antioxidant Complex (Vega) see Ginkgo

Multibionta® Probiotic Multivitamin 50+ (Seven Seas) see Ginseng Korean

Multigluco Tolerance Factor (Vega) see Ginkgo

Opticare Formula 20:20 (Vega) see Ginkgo

Super Antioxidant (Higher Nature) see Chicory

TotallyWise (Vega) see Green Tea

Vein Support Formula (Vega) see Ginkgo

Visionace (Vitabiotics)
Capsules; Vitamin A 300mcg, vitamin D 2.5mcg, vitamin E 60mg, vitamin C 150mg, thiamin 7.5mg, riboflavin 5mg, niacin 9mg, vitamin B6 4.5mg, folacin 250mcg, vitamin B12 4.5mcg, pantothenic acid 10mg, vitamin K 45mcg, iron 3mg, magnesium 50mg, zinc 7.5mg, iodine 100mcg, copper 1mg, manganese 2mg, selenium 100mcg, chromium 50mcg, natural mixed carotenoids 3mg, citrus bioflavonoids 15mg, bilberry extract 60mg.
Local Distributor: Kemimport Ltd.

Visionace Plus (Vitabiotics)
Tablets and capsules.
Tablets; Vitamin A 300mcg, vitamin D 2.5mcg, vitamin E 60mg, vitamin C 150mg, thiamin 12mg, riboflavin 4.8mg, niacin 18mg, vitamin B6 10mg, folacin 400mcg, vitamin B12 9mcg, pantothenic acid 20mg, iron 6mg, magnesium 50mg, zinc 15mg, iodine 100mcg, copper 1mg, manganese 4mg, selenium 150mcg, chromium 50mcg, natural mixed carotenoids 3mg, citrus bioflavonoids 5mg, bilberry extract 60mg, lutein esters 4mg.
Capsules; Omega-3 fish oil 600mg (providing DHA 300mg, EPA 60mg), lutein esters 8mg.
Local Distributor: Kemimport Ltd.

VisualEyes (Higher Nature)
Capsules; Vitamin A 250mcg, vitamin C 30mg, vitamin E 5mg, lutein complex 30mg, zeaxanthin complex 30mg, bilberry standardised extract 18mg (25% anthocyanidins), vitamin B2 2mg, selenium 75mcg, zinc 3mg, tomato powder.
Local Distributor: Health Plus

Vitalize Regenerative Formula (Vega) see Siberian Ginseng

V-Vein™ (HealthAid) see Horse Chestnut

BIRCH LEAF
Betulae folium

Family: Betulaceae
Medicinal Parts: Bark, leaves & buds.

Indications:
Internal
Principal: To promote diuresis in the treatment of ailments which require it including irrigation in bacterial and inflammatory disorders of the urinary tract and for kidney gravel[8, 19, 28].
Major: In adjunct therapy for rheumatic ailments and in gout[8, 19, 28].
External
Hair loss, dandruff [28].

Cautions: Ensure copious fluid intake[8].

Contraindications: Oedema in cardiac or renal insufficiency[8, 19].

Side-effects: None known in conjunction with the proper administration of designated therapeutic doses[8, 19, 28].

Drug interactions: None known[8, 19, 28].

Dose: 2-3g of dried leaf several times daily in infusion or as an equivalent aqueous or hydroethanolic extract[8, 19].

HaemoVit Liquid Gold™ (HealthAid) see Sarsaparilla

Slim-Rite (HealthAid) see Alfalfa

BISSY NUT
see Kola Nut

BITTER MELON
see Karela

BITTER ORANGE
Citrus aurantium

Family: Rutaceae
Medicinal Parts: Fresh & dried fruit peel, flowers, seeds, extracted essential oil.

Indications:
Principal: Gastric complaints including dyspepsia & vomiting, loss of appetite[5, 8, 28, 40].
Major: As a sedative[41] for nervous tension & insomnia, gout, sore throat, anorexia[5, 8, 19, 28].
Minor: Obesity[42].
Others: Chronic bronchitis[28].

Cautions: Pregnancy[5], hypertension[43], skin sensitization and phototoxicity are possible with the essential oils and thus, exposure to UV light sources should be avoided for at least 12 hours after dermal application[5, 28, 44]. Sensitization can result in erythema, swelling, blisters, pustules, dermatoses leading to scab formation and pigment spots[28].

Contraindications: Do not apply essential oils to eyes or undiluted to mucous membranes[5].

Side-effects: Abdominal pain, nausea, vomiting, diarrhoea, dizziness, skin sensitization, photosensitization, cardiotoxicity[5].

Drug interactions: Bitter orange juice inhibits CYP3A and P-glycoprotein[5, 28, 40]. This results in increased absorption of dextromethorphan and felodipine‡ [40].

Dose: Daily dose: drug: 4-6g; extract: 1-2g; tea: 1 cup half-hour before meals; tincture: 2-3g [28].

Altadrine® Fat Burner (Alta Care)
Tablets; Bitter orange 200mg, maltodextrin 175.75mg, guarana extract 100mg, micro-crystalline cellulose 80mg, lactoserum protein 50mg, magnesium oxide 50mg, vitamin C 40mg, tri calcium phosphate 40mg.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Lipodrainer (Alta Care) see Nettle

Controller (Alta Care) see Lemon Balm

Controller® Natural Sleep (Alta Care) see Linden

BLACK COHOSH

Cimicifuga racemosa

Family: Ranunculaceae
Medicinal Parts: Fresh and dried root.

Indications:
Principal: Menopausal disorders including neurovegatative symptoms (hot flushes, fits of perspiration, night sweats, sleep disorders), psychological symptoms (nervousness, mood swings, depressed mood, physical and mental fatigue), disturbances of the menstrual cycle and urogenital symptoms (vaginal dryness & itching)[5, 28, 45, 46, 47, 48].
Major: Premenstrual complaints, dysmenorrhoea, uterine spasm[5, 45].
Minor: Muscular rheumatism, rheumatoid arthritis, mild depression, tinnitus, sore throat, bronchitis[28, 45].

‡ Interactions may occur with the fruit and fruit products. There are no known interactions between the essential oils and conventional medicines[5].

Cautions: *Cimicifuga racemosa* should not be substituted for HRT with oestrogen - no studies to date show cardioprotective effects or protective effects against osteoporosis[5, 28], liver disease[5].

Contraindications: Pregnancy, breastfeeding[5, 28, 45].

Side-effects:
Major: GI disturbances (gastroenteritis, nausea, vomiting), mild rashes[5, 28].
Minor: Dizziness, headache, tremors, giddiness, muscle damage[5, 28], liver damage[49].
Others: Headache, nausea, vomiting, vertigo, visual disturbances & hypotension in case of overdosage[5, 28].

Drug interactions:
Immunosuppressants: azathioprine & cyclosporine; antihypertensives; iron-containing products[28, 50]; tamoxifen[50].

Dose: Alcoholic-aqueous extract corresponding to 40mg drug daily. The herb is not recommended for treatment longer than 6 months unless advised by a physician[28].

Black Cohosh (HealthAid)
Liquid; Black cohosh extract 1:3 (equiv. of 330mg of black cohosh herb in 1ml).
Tablets; Black cohosh powder 55mg, black cohosh extract 250mg (standardised for min 2.5% triterpene glycosides).
Local Distributor: Galea & Galea

Black Cohosh 1000mg (Lamberts)
Tablets; Black cohosh 1000mg (provided by 250mg of a 4:1 extract).
Local Distributor: Health Plus

Black Cohosh Herbal Complex (Vega)
Capsules; Black cohosh standardised root extract 300mg (min. 2.5% triterpene glycosides); Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 320mg, prebiotic acacia gum 160mg.
Local Distributor: Alfred Gera & Sons Ltd.

Herbal Female Complex (Solgar)
Vegicaps; Black cohosh root powdered extract (4:1) 100mg, soy bean germ powder (providing 2mg [2%] isoflavones) 100mg, motherwort aerials powdered extract (5:1) 75mg, standardized agnus castus powdered extract (providing 0.38mg [0.5%] agnuside) 75mg, standardized dong quai root powdered extract (providing 0.75mg [1%] ligustilide) 75mg, raw astragalus root powder 75mg, standardized milk thistle extract (total flavonoids including silymarin 40mg [80%]) 50mg, raw dong quai root powder 50mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

Menovital® (HealthAid) see Dong Quai

BLACK ELDERBERRY

see Elder

BLADDERWRACK

Fucus vesiculosus

Family: Fucaceae
Medicinal Parts: Dried and fresh thallus.

Indications:
Principal: Obesity associated with iodine deficiency and hypothyroidism[8, 28, 45].
Major: Lymphadenoid goiter, arteriosclerosis[8, 28, 45].
Minor: Digestive disorders, sprains[8, 28], rheumatism[45].

Cautions: Long-term use of bladderwrack is not recommended; avoid using iodine supplements while taking bladderwrack[28].

Contraindications: Hyperthyroidism, cardiac problems, pregnancy, lactation[28, 45].

Side-effects: Exacerbation or induction of hyperthyroidism, renal failure, acne, allergic reactions[28].

Drug interactions: Anticoagulants, antiplatelets, thrombolytic agents, low molecular weight heparins, hypoglycemic agents[28].

Dose: Daily dose: dried thallus, 0.8-2 gm; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 4-10ml[45].

Altadrine® Day Burner (Alta Care) see Grapeseed

Altadrine® Night Burner (Alta Care) see Green Tea

Aquaflow® (HealthAid) see Dandelion

Silvia® Women Formula (Alta Care) see Guarana

Slim-Rite (HealthAid) see Alfalfa

BLESSED THISTLE

Cnicus benedictus

Family: Asteraceae/Compositae
Medicinal Parts: Dried leaves, upper stems.

Indications:
Principal: Dyspepsia, loss of appetite, flatulence[8, 9, 28].
Minor: Anorexia, fever & colds, externally for wounds and ulcers[28].

Cautions: Drug exhibits a strong potential for sensitization due to cross-reactions with other members of the Compositae family particularly mugwort and cornflower[9, 28].

Contraindications: Pregnancy[9, 28].

Side-effects: Rarely allergic reactions[28].

Drug interactions: None noted.

Dose: Dried extract: 4-6 gm of drug; Aromatic bitter: 1 cup ½ hour before meals; Tea: 1 cup three times daily[28].

Cellusite™ (HealthAid) see White Willow

Hip & Thigh Formula (HealthAid) see White Willow

Vegilax® (HealthAid)
Tablets; 25mg blessed thistle extract (3:1), 25mg cascara sagrada extract (3:1), 25mg licorice root extract (3:1), 25mg fennel seed extract (3:1), 16.7mg buckthorn bark extract (3:1), 16.7mg prune extract (3:1), 16.7mg uva ursi extract (3:1), 16.7mg yellow dock extract (3:1), 12mg senna leave extract (3:1), 12mg rhubarb root extract (3:1), 10mg parsley leaf extract (3:1).
Local Distributor: Galea & Galea

BOLDO

Peumus boldo

Family: Monimiaceae
Medicinal Parts: Leaves.

Indications:
Principal: Minor hepatobiliary dysfunction[9, 19, 28, 36].
Major: Mild spasmodic disorders of the GI tract especially functional disorders of the bile duct, gall stones, liver or gall bladder pains, dyspeptic complaints[8, 9, 19, 28, 36].
Minor: Urinary tract inflammation including cystitis, rheumatism[19, 36].

Cautions: Elderly patients with fatty liver[51], use of boldo leaf in gall stones only after consulting a physician[8, 9, 19, 28], use of warfarin and related drugs[52].

Contraindications: Bile duct obstruction, severe liver disorders, pregnancy[8, 9, 19, 28], existing kidney disorders[9].

Side-effects: None known in conjunction with the proper administration of designated therapeutic doses.

Drug interactions: None known.

Dose: Three times daily: dried leaf, 60-200mg, or as an infusion[19].

Boldo Multi-Herbal Complex (Healthlife)
Tablets; Boldo extract 13mg equiv. to herb 65mg, sea kelp extract 11.5mg equiv. to herb 46mg, dandelion root extract 6.25mg equiv. to herb 25mg, uva-ursi extract 8.25mg equiv. to herb 33mg, cleavers extract 6.25mg equiv. to herb 25mg.
Local Distributor: Kemimport Ltd.

Sollievo (Aboca) see Senna

BONESET
Eupatorium perfoliatum

Family: Asteraceae/Compositae
Medicinal parts: The herb after flowering.

Indications:
Principal: Influenza[9, 14, 28, 53].
Major: Acute bronchitis[9, 53].
Minor: Nasopharyngeal catarrh, febrile diseases[9, 28, 53].

Cautions: Hypersensitivity to other members of the Asteraceae family[9, 14, 28].

Contraindications: Pregnancy, lactation[9].

Side-effects: Sensitization after skin contact with the plant, outbreaks of sweat, diarrhoea[28], nausea[14].

Drug interactions: None noted.

Dose: Herb: 1-2 gm or by infusion three times daily; Liquid extract: 1-2ml three times daily; Tincture: 1-4ml three times daily[9].

BORAGE
see Starflower

BOSWELLIA
Boswellia serrata

Family: Burseraceae
Medicinal Parts: Resin gum exuded when incisions are made in the bark of the trunk.

Indications:
Principal: Inflammatory bowel disease (ulcerative colitis and Crohn's disease)[54, 55], osteoarthritis, rheumatoid arthritis[14, 28, 56].
Major: Collagenous colitis (a cause of chronic diarrhoea)[28, 56, 57], asthma[28, 58].
Minor: Dysentery, pulmonary disease, ringworm[14].

Cautions: Pre-existing gastritis[28].

Contraindications: None noted.

Side-effects: Retrosternal burning, nausea, abdominal fullness, epigastric pain, anorexia, dermatitis[28], skin rash[14].

Drug interactions: Possibly, food may increase bioavailability of boswellic acids; drugs that inhibit P-glycoproteins and/or cytochrome P450 isoenzymes but data is sparse[56].

Dose: For arthritis: 400mg 3 times daily; for asthma: 300mg 3 times daily.

Boswellia (HealthAid)
Capsules; Boswellia 400mg (standardised to contain 65% boswellic acids), boswellia resin powder 120mg.
Local Distributor: Galea & Galea

BRAHMI

Bacopa monnieri

Family: Scrophulariaceae
Medicinal Parts: Aerial parts mainly the leaves and stems.

Indications:
Principal: Improve cognitive function – learning, memory, intelligence; neuroprotection against Alzheimer's disease[59]; anxiety[5, 60, 61, 62].
Major: Gastric ulcers[61], bronchitis & asthma, epilepsy at high doses, diarrhoea-predominant form of irritable bowel syndrome[5, 60].
Minor: Hypothyroidism, cardiovascular disease[5, 60].

Cautions: Hyperthyroidism[5].

Side-effects: None known with the therapeutic doses.

Drug interactions: Cholinergic drugs[5] including perphenazine, prochlorperazine, thioridazine[63].

Dose: Dried aerial parts of herb: 5-10 g/day; Fluid extract (1:2) or equivalent oral dose form: 5-13 ml/day in divided doses. Cognitive activator effects: 300mg/day[§ 5].

Brainvit® (HealthAid)
Tablets; 150mg brahmi extract (20:1) (equivalent to 3000mg powder), 60mg ginkgo biloba extract (50:1) (equivalent to 3000mg powder) (standardised to min 24% gingkoflavonglycosides & 6% triterpene lactones), 30mg gotu kola extract (4:1) (equivalent to 120mg of gotu kola powder), 67mg vitamin E, 60mg vitamin C, 50mg L-tyrosine, 50mg L-phenylalanine, 50mg L-methionine, 50mg L-arginine, 50mg alpha lipoic acid, 34mg natural mixed carotenoids, 25mg phosphatidyl choline, 25mg phosphatidyl serine, 20mg Co-Q10, 20mg acetyl-L-carnitine, 20mg L-glutathione, 20mg L-glutamine, 18mg niacin, 15mg thiamin, 14mg zinc, 14mg iron, 12mg pantothenic acid, 3.2mg riboflavin, 400mcg folic acid, 200mcg selenium, 50mcg vitamin B12.
Local Distributor: Galea & Galea

§ 3 months' use is required before clinical effects are observed[5].

BUCHU
Barosmae folium

Family: Rutaceae
Medicinal Parts: Leaves.

Indications:
Principal: Dysuria, cystitis, urethritis, prostatitis[9, 28, 45].
Major: Inflammation and infection of the kidneys and urinary tract[8, 14, 28, 45, 64], bladder disorders including stones and inflammation[14, 28, 45].
Minor: Gout, rheumatism[14, 28].
Others: Stomach ache[14, 64].

Cautions: Patients taking lithium[64].

Contraindications: Pregnancy[28, 45].

Side-effects: Occassional GI intolerance - avoid taking on an empty stomach[45]; signs of irritation with the volatile oil[28].

Drug interactions: Loop diuretics, spironolactone, thiazide diuretics, triamterene[63].

Dose: 1-2 gm daily. Fluid extracts of 0.3-1.2 ml are taken 3 times daily. Dosage for the tincture is 2-4 ml up to 3 times daily. Infusion usage is typically 1 gm per cup[28, 45].

Aquaflow® (HealthAid) see Dandelion

Cellusite™ (HealthAid) see White Willow

Cysticare® (HealthAid) see Cranberry

Hip & Thigh Formula (HealthAid) see White Willow

BUCKTHORN
Rhamnus catharticus

Family: Rhamnaceae
Medicinal Parts: Whole, ripe, dried fruit; fresh ripe fruit.

Indications:
Principal: Constipation, bowel movement relief in cases of anal fissures & haemorrhoids[28].
Major: After recto-anal surgery, in preparation for diagnostic intervention in the GI tract, to achieve softer stools[28].
Others: Poor digestion[28].

Cautions: Pregnancy, lactation. Not suitable for long term use[28].

Contraindications: Intestinal obstruction, acute inflammatory intestinal diseases, appendicitis, abdominal pain of unknown origin, children under 12 years of age[28].

Side-effects:
Major: Spasmodic GI complaints[28].
On long term use: Potassium deficiency, nephropathy, oedema,

accelerated bone deterioration[28].

Drug interactions: Thiazide diuretics, oral corticosteroids[63], licorice root. Effect of cardiac glycosides & heartbeat-regulating drugs is altered in chronic use/ overuse[28].

Dose: 2-5 gm drug corresponding to 20-30 mg hydroxyanthracene derivative per day; Tea: 1 cup mornings and evenings. Administration should be limited to a few days[28].

Erbalax® Delicato Capsule (Erba Vita) see Rhubarb

Linoforce® (A.Vogel) see Flaxseed

Slim-Rite (HealthAid) see Alfalfa

Vegilax® (HealthAid) see Blessed Thistle

BUCKWHEAT

Fagopyrum esculentum

Family: Polygonaceae
Medicinal Parts: Fresh aerial parts, leaves and flowers collected during the flowering season and later dried.

Indications:
Principal: Chronic venous insufficiency, hypertension, prophylaxis to prevent general hardening of the arteries[28].
Major: Type-2 diabetes, venous stasis, varicose veins[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: 5 drops, 1 tablet or 10 globules every 30 to 60 minutes (acute) or 1 to 3 times daily (chronic)[28].

50 Plus Once A Day (Quest)
Tablets; Vitamin A 375mcg, beta carotene 3mg, alpha carotene 45mcg, cryptoxanthin 10.6mcg, zeaxanthin 10.6mcg, lutein 6.8mcg, vitamin D 5mcg, vitamin E 17mg, thiamine 19.5mg, riboflavin 25mg, niacin 25mg, vitamin B6 5mg, folacin 100mcg, vitamin B12 25mcg, biotin 29mcg, pantothenic acid 25mg, vitamin C 75mg, calcium 77mg, phosphorus 43.9mg, iron 7.5mg, magnesium 30mg, zinc 5mg, copper 500mcg, manganese 500mcg, iodine 50mcg, selenium 16mcg, chromium 12.5mcg, molybdenum 12.5mcg, vanadium 12.5mcg, choline bitartrate 25mg, inositol 25mg, methionine 25mg, PABA 25mg, bioflavonoids 14.3mg, lysine HCl 11mg, lecithin 15mg, papain 1mg, rutin 1mg, betaine HCl 6mg, hesperidin 5mg, cysteine 0.3mg.
Local Distributor: Pharma MT Ltd.

Altadrine® Day Burner (Alta Care) see Grapeseed

Day-vit® Probio (HealthAid)
Tablets; Rutin 8mg, papain 6mg,

bromelain 5mg, apple pectin 5mg, hesperidin complex 20mg, silica 3mg, CoQ10 5mg, lutein 2mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 150mcg, pantothenic acid 6mg, vitamin K 30mcg, calcium 100mg, phosphorus 50mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, copper 1000mcg, manganese 2mg, potassium 5mg, selenium 100mcg, chromium 40mcg, molybdenum 50mcg, chloride 5mg, choline bitartrate 50mg, inositol 100mg, probiotic cultures (Acidophilus, Bifidobacterium, Bifidus, Lactobacillus Rhamonosus) 2 billion.
Local Distributor: Galea & Galea

Ester-C® 1000mg Plus Vitamin C (Solgar) see Acerola

Ester-C Formula (Vega) see Rose Hip

Fema45+ (Lamberts)
Tablets; Rutin 10mg, vitamin A 30mcg, vitamin D 5mcg, vitamin E 50mg, vitamin C 60mg, thiamine 2mg, riboflavin 2mg, niacin 9mg, vitamin B6 4mg, folic acid 200mcg, vitamin B12 50mcg, biotin 0.075mg, pantothenic acid 6mg, vitamin K 0.025mg, calcium 100mg, iron 3.75 mg, magnesium 75mg, zinc 7.5mg, iodine 75mcg, manganese 2mg, copper 0.6mg, selenium 100mcg, chromium 50mcg, choline bitartrate 2.5mg, inositol 2.5mg, querceptin 12.5mg, PABA 2.5mg, boron 1mg.
Local Distributor: Health Plus

Formula VM-75 (Solgar)
Tablets; Vitamin C 250mg, calcium 64mg, vitamin E 100mg, thiamin 75mg, vitamin B6 75mg, pantothenic acid 75mg, vitamin B2 92mg, niacin 75mg, inositol 75mg, choline 31mg, magnesium 32mg, natural source betacarotene 4.5mg providing other carotenoids 12mcg, iodine 150mcg, zinc 10mg, citrus bioflavonoid complex powder 25mg, betaine hydrochloride 25mg, rutin powder 25mg, boron 0.5mg, copper 1000mcg, vitamin D 10mcg, vitamin B12 75mcg, biotin 75mcg, iron 1.3mg, selenium 25mcg, hesperidin 5mg, folic acid 400mcg, powdered herbal base 4mg (alfalfa, acerola extract, kelp, parsley, watercress, rose hip), chromium 25mcg.
Local Distributor: Natural Remedies

Hawthorn Compound (Power Herbs)
Tablets; Green buckwheat powder 80mg, garlic powder extract (2.5:1) 60mg, hawthorn powder extract (5:1) 8mg, citrus bioflavonoids 6.3mg.
Local Distributor: Kemimport Ltd.

Healthy Mega (HealthAid)
Prolonged release tablets; Rutin 25mg, alfalfa powder 10mg, guar gum 10mg, kelp powder 10mg, golden seal root powder 7mg, papain 6mg, horse grass powder 5mg, apple pectin 5mg, bromelain 5mg, betain hydrochloride 30mg, vitamin A 375mcg, vitamin D 11mcg, vitamin E 90.6mg, vitamin C 300mg, thiamine 85mg, riboflavin 100mg, niacin 18mg, vitamin B6 60mg, folic acid 400mcg, vitamin B12 110mcg, biotin 0.2mg, pantothenic acid 51mg, vitamin K 12mcg, calcium 139mg, iron 10mg, magnesium 40mg, zinc 8mg, iodine 235mg, boron 100mcg, choline 41mg, chromium sulphate 200mcg, copper 400mcg, inositol 100mg, manganese 2mg, molybdenum 10mcg, para amino benzoic acid 50mg, potassium 27mg, selenium 15mcg, glutamic acid 25mg, lecithin 10mg, citrus bioflavonoids 50mg, hesperidin 10mg, silica 2mg, di-calcium phosphate 133mg, acacia 20mg, vegetable stearic acid 36mg, vegetable magnesium stearate 8mg.
Local Distributor: Galea & Galea

Horse Chestnut Complex (Lamberts) see Horse Chestnut

MegaMulti™ (HealthAid) see Ginseng Korean

Omega-H3 (Vitabiotics)
Capsules; PABA 30mg, vitamin B1 15mg, vitamin B2 3mg, nicotinamide 25mg, calcium pantothenate 3mg, vitamin B6 5mg, vitamin B12 10mcg, biotin 5mcg, folic acid 100mcg, vitamin C 60mg, vitamin A 2000IU, vitamin D 200IU, vitamin E 10mg, iron 12mg, lecithin 40mg, wheat germ oil 100mg, lysine 40mg, methionine 60mg, rutin 10mg, calcium 52mg, phosphorus 40mg, potassium 2mg, zinc 8mg, copper 1mg, manganese 2mg, iodine 50mcg, Siberian ginseng 5:1 conc. extract 4mg.
Local Distributor: Kemimport Ltd.

Pregnazon® (HealthAid)
Tablets; Rutin 10mg, vitamin D 5mg, vitamin C 75mg, riboflavin 3mg, vitamin B6 10mg, vitamin B12 6mg, pantothenic acid 6mg, calcium 100mg, magnesium 100mg, iodine 150mg, selenium 35mg, choline 10mg, vitamin E 25mg, thiamine 4mg, niacin 20mg, folic acid 400mg, biotin 150mg, vitamin K 75mg, iron 20mg, zinc 15mg, copper 1000mg, chromium 5mg, inositol 25mg.
Local Distributor: Galea & Galea

Rutin and Vitamin C 500mg (Lamberts)
Tablets; Rutin 50mg, vitamin C 500mg, citrus bioflavonoid complex 100mg, hesperidin 50mg.
Local Distributor: Health Plus

Rutivite Original (Power Health)
Tablets; Finest dried green buckwheat 570mg (provides natural source rutin 30mg).
Local Distributor: Kemimport Ltd.

Vein Support Formula (Vega) see Ginkgo

Venalta® Ampoules (Alta Care) see Grapeseed

Vitamin C (Ascorbic Acid) 1000mg High Strength (Vega)
Tablets; Vitamin C (as ascorbic acid) 1000mg, citrus bioflavonoids 100mg, hesperidin 25mg, rose hip powder 25mg, rutin bean extract 25mg.
Local Distributor: Alfred Gera & Sons Ltd.

Vitamin C (Ascorbic Acid) 1500mg Super Strength (Vega)
Tablets; Vitamin C (as ascorbic acid) 1500mg, citrus bioflavonoids 50mg, hesperidin 15mg, rose hip powder 15mg, rutin bean extract 15mg.
Local Distributor: Alfred Gera & Sons Ltd.

Vitamin C (Calcium Ascorbate) (Vega)
Capsules (500mg); Vitamin C (as calcium ascorbate) 500mg, citrus bioflavonoids 50mg, hesperidin 25mg, rutin bean extract 20mg.
Local Distributor: Alfred Gera & Sons Ltd.

Wintervits® (HealthAid) see Tragacanth

Zinc-C Formula (Vega) see Green Tea

BURDOCK
Arctium lappa

Family: Asteraceae/Compositae
Medicinal Parts: Ripe seed, fresh/dried roots.

Indications:
Principal: Ichthyosis, psoriasis, seborrhea of the scalp (used externally)[28, 65].
Major: Ailments & complaints of the GI tract, as a diaphoretic and diuretic[66]; rheumatism; blood purifying[8, 28].
Minor: Carbuncles, ulcers, erythema of the skin, gout, acne, sore throat[9, 28].
Others: Cancer[66].

Cautions: Excessive doses may interfere with existing hypoglycaemic therapy[9].

Contraindications: Pregnancy[9, 28].

Side-effects: Skin sensitization[28].

Drug interactions: Burdock tincture or alcohol extract with disulfiram or metronidazole should not be combined due to the alcohol content[28].

Dose: *Dried root* 2-6 gm by infusion 3 times daily; *Liquid extract* 2-8 ml 3 times daily; *Tincture* 8-12 ml 3 times daily; *Decoction* 500 ml per day[9].

2-Day DetoxPlan (HealthAid) see Milk Thistle

Aquaflow® (HealthAid) see Dandelion

Burdock (HealthAid)
Tablets; 140mg standardised burdock root extract and raw powder (*Arctium lappa*) 4:1 equiv. to 560mg of raw burdock root powder.
Local Distributor: Galea & Galea

Cellusite™ (HealthAid) see White Willow

Flodol® Artro (Alta Care) see Meadowsweet

Hip & Thigh Formula (HealthAid) see White Willow

Milk Thislte Plus (FSC) see Milk Thistle

Perfectil (Vitabiotics) see Echinacea

BUTCHER'S BROOM
Ruscus aculeatus

Family: Ruscaceae
Medicinal Parts: Herb, rhizome.

Indications:
Principal: Haemorrhoids, varicose veins, discomfort of chronic venous insufficiency[67] such as pain & heaviness[28, 68].
Major: Cramps in legs, itching & swelling[28, 67].
Minor: Orthostatic hypotension[69].

Contraindications: None known.

Side-effects: Rarely stomach complaints, nausea[28].

Drug interactions: No interactions found[68].

Dose: Raw extract, equivalent to 7-11 mg total ruscogenin (determined as the sum of neoruscogenin and ruscogenin obtained after fermentation or acid hydrolysis)[28].

Butcher's Broom (HealthAid)
Liquid; Butchers broom extract 1:4 (equiv. of 250mg of Butcher's broom herb in 1ml).
Local Distributor: Galea & Galea

Cellusite™ (HealthAid) see White Willow

Hip & Thigh Formula (HealthAid) see White Willow

Horse Chestnut Complex (Lamberts) see Horse Chestnut

Organic Aloe Vera (dr.organic®) see Aloe Vera

Venalta® (Alta Care) see Grapeseed

Venis® Sollievo (Erba Vita) see Grapeseed

Vitiven® ultra cold (Arkopharma)
Gel; Butcher's broom, horse chestnut, red vine, witch hazel.
Local Distributor: Pharmacos Ltd.

V-Vein™ (HealthAid) see Horse Chestnut

CALENDULA
see Marigold

CALIFORNIA POPPY
Eschscholtzia californica

Family: Papaveraceae
Medicinal Parts: Aerial parts collected during the flowering season and dried.

Indications:
Principal: Insomnia[28, 70, 71].
Major: Aches, nervous agitation, enuresis nocturna in children, bladder & liver diseases, depression, neurasthenia[28, 70, 71].
Minor: Neuropathy, mood swings, weather sensitivity, organic neuroses, vegetative-dystonic disorders, vasomotor dysfunction, vegetative-endocrine syndrome, constitutional weakness of the nervous system, vasomotor cephalgia[28].

Contraindications: Pregnancy[28, 70].

Side-effects: None known.

Drug interactions: Benzodiazepines, CNS depressants[70].

Dose: Average single dose for the liquid extract is 1-2 ml[28].

Californian Poppy (Arkopharma)
Capsules; Californian poppy aerial part powder 300mg.
Local Distributor: Pharmacos Ltd.

Sedivitax (Aboca) see Passionflower

CAPSICUM
see Cayenne

CARAWAY
Carum carvi

Family: Umbelliferae
Medicinal Parts: Fruit; oil obtained from the squashed fruit when ripe.

Indications:
Principal: Dyspeptic complaints such as flatulence, eructation, bloating and mild spasmodic pains in the GI tract, including flatulent colic of infants[19, 26, 72].
Others: Loss of appetite, dysmenorrhoea, to stimulate flow of milk in breast-feeding mothers, bronchitis, laryngitis (as a gargle), hyperglycaemia[19, 26, 73].

Contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: Average single dose of oil: 2-3 drops on sugar; caraway, 1-5 gm. Average daily dose of oil: 3-6 drops; caraway, 1.5-6 gm[28].

Finocarbo Plus (Aboca) see Fennel

Flodol® Artro (Alta Care) see Meadowsweet

Gastro-Vit Formula (Vega) see Aloe Vera

Sollievo (Aboca) see Senna

CARDAMOM
Elettaria cardamomum

Family: Zingiberaceae
Medicinal Parts: The oil extracted from the seeds and fruit & seeds harvested shortly after ripening.

Indications:
Principal: Flatulent dyspepsia, dyspeptic complaints[8, 19, 74].
Major: Morning sickness, vomiting & diarrhoea, loss of appetite, Roemheld syndrome[26].
Minor: Hypertension, epilepsy[74].
Others: Mouth freshener[19].

Contraindications: Presence of gallstones[19, 28].

Side-effects: Gallstone colic[19, 28].
Drug interactions: None known.

Dose: Average daily dose is 1.5 gm of drug; when using a tincture, the dosage range is 1-2 gm[19, 28].

Candaway™ (Lamberts) see Cinnamon

CASCARA SAGRADA

Rhamnus purshiana

Family: Rhamnaceae
Medicinal Parts: Dried bark.

Indications:
Principal: Constipation[8, 9, 28, 45, 75], defecation with anal fissures or haemorrhoids¶ [28, 45].
Major: Recto-anal post-operative treatment[28, 45].
Minor: In diagnostic preparation of the GI tract[28].
Others: Rheumatism[28].

Cautions: Avoid excessive laxative use & prolonged use**, adequate fluid intake (may lead to electrolyte imbalance)[28].

Contraindications: Intestinal & bowel obstruction, acute inflammatory intestinal disease (colitis, Crohn's disease, irritable bowel), foecal impaction, nausea, vomiting, appendicitis, abdominal pain of unknown origin, pregnancy, breast-feeding, children under 12 years of age[8, 14, 28, 45].

Side-effects:
Common: Spasmodic GI complaints[8, 14, 28].
On long term use/abuse: Disturbances of electrolyte balance especially potassium deficiency, albuminuria, haematuria, pigmentation of the colonic mucosa, heart arrhythmias, neuropathies, oedema, accelerated bone deterioration[8, 28].

Drug interactions: Cardiac glycosides especially digoxin[63], potassium-depleting diuretics, corticosteroids[8, 14, 28, 45, 75].

Dose: 20-30 mg hydroxyanthracene derivatives daily[28].

Erbalax® Forte Compresse (Erba Vita) see Senna

Slim-Rite (HealthAid) see Alfalfa

Vegilax® (HealthAid) see Blessed Thistle

¶ Preparation should be used only if no effects can be obtained through change of diet or use of bulk-forming products[8].

** Cascara Sagrada is not recommended for use for longer than 1 or 2 weeks unless medical advice is sought[8, 28].

CAT'S CLAW

Uncaria tomentosa

Family: Rubiaceae
Medicinal Parts: Root bark.

Indications:
Principal: All forms of arthritis, rheumatism and other inflammatory diseases[14, 28, 76].
Major: Gastric ulcers; viral diseases including herpes zoster, herpes simplex, HIV, cancer[14, 28, 77, 78, 79].
Others: Diarrhoea, gastritis, treatment of wounds, asthma[80], menstrual irregularity, as a contraceptive[28, 78, 79].

Cautions: Drugs metabolized by P450 3A4 enzyme should be taken with caution[14, 28], patients receiving antihypertensive therapy.

Contraindications: Autoimmune disease, immunosuppressants, bone marrow transplantation, pregnancy, breast-feeding[28].

Side-effects: Reduced serum oestradiol and progesterone with long term use, renal failure[81], hypotension[14, 28].

Drug interactions: Anticoagulants, antiplatelets, thrombolytic agents, low molecular weight heparins (cat's claw may increase risk of bleeding if taken with these medications)[28].

Dose: 250-1000 mg daily; Decoction dosage: 60ml once daily in the morning on an empty stomach[28].

Arthur's Formula Ltd (Power Health) see Devil's Claw

Cat's Claw (HealthAid)
Liquid; Cat's claw extract 1:3 (equiv. of 330mg of cat's claw herb in 1ml).
Tablets; Cat's claw powder 315mg, cat's claw standardised extract 160mg.
Local Distributor: Galea & Galea

Cat's Claw (Power Herbs)
Tablets; Cat's claw bark powder extract 34mg (containing 3% total alkaloids and 15% polyphenols).
Local Distributor: Kemimport Ltd.

Cat's Claw Herbal Complex (Vega)
Capsules; Cat's claw inner bark powder 300mg (equiv. to 1000mg cat's claw inner bark herb); cat's claw inner bark extract (4:1) 175mg (min. 15% polyphenols, 3% alkaloids).
Local Distributor: Alfred Gera & Sons Ltd.

Immuno baby (Erba Vita) see Echinacea

CATNIP
Nepeta cataria

Family: Labiatae
Medicinal Parts: Aerial parts of the plant.

Indications:
Principal: Colds, colic, fever, teething in children[28, 82].
Major: Nervous disorders, migraine[28].
Others: Gynaecological disorders[28].

Contraindications: Pregnancy[28].

Side-effects: None known.

Drug interactions: CNS depressants, drugs acting on the CNS[14].

Dose: 3 cups of tea daily[28].

CAYENNE
Capsicum species

Family: Solanaceae
Medicinal Parts: Fresh or dried fruits.

Indications:
Principal: Muscular pain in areas of shoulder, arm & spine of adults and school-age children[8]; rheumatism; digestive ailments; dyspepsia; frostbite[83]; chronic lumbago[9, 28].
Major: Prophylactic therapy for atherosclerosis, stroke & heart disease[83]; sea sickness[28].
Minor: As a gargle for hoarseness, sore throat, infected throat[28, 83].
Others: Loss of appetite (in compound preparations); for lowering the temperature in malaria, yellow fever, scarlet fever & typhus; alcoholism[28].

Cautions: Pregnancy, breast-feeding[83]. Wash hands immediately after use unless treating the hands[28, 83].

Contraindications: Open wounds or eyes, stomach ulcers or stomach inflammation, chronic irritable bowel, GI, hepatic or renal disease[9, 28, 83].

Side-effects:
Common: Burning, stinging & redness of the skin (these effects lessen or disappear over a few days time with repeated application)[28].
Others: Diarrhoea, intestinal & gallstone colics (with internal administration); blister, ulcer formation (with external applications)[9, 28].

Drug interactions: Aspirin (beneficial interaction)[28, 63]; ACE inhibitors; anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins;

barbiturates; theophylline[28].

Dose[††]:
External daily dose: 10 gm drug. Semisolid preparations: max 50 mg capsaicin in 100 gm neutral base. The cream is applied to the affected area not more than 3 or 4 times daily[28].
Internal application: Decoction: ½ litre water with 5 gm powdered drug, 3 gm powdered cascarilla bark and 5 gm powdered rhubarb root; 2 cups per day[28].

Cardiohealth Formula (Vega) see Garlic

Herbal Booster™ (HealthAid) see Guarana

Prostate Formula (Vega) see Saw Palmetto

V-Vein™ (HealthAid) see Horse Chestnut

CELERY
Apium graveolens

Family: Umbelliferae
Medicinal Parts: Root, above-ground foliage and stems, fruit (seeds), oil extracted from seeds.

Indications:
Principal: Arthritis, rheumatism, gout[5, 8, 9, 28, 45, 84, 85].
Major: Urinary tract infection, fluid retention, high total serum cholesterol & triglycerides[86], prophylactic for colon cancer development[5, 28].
Minor: Nervousness, hysteria, exhaustion, loss of appetite, cough, helminthic infections[5, 8, 28].
Others: Mosquito repellant[87].

Contraindications: Pregnancy, kidney disorders[5, 8, 28, 45].

Side-effects: Allergic reactions[8, 45].

Drug interactions: NSAIDs (beneficial interaction), phenobarbital, thyroxine, warfarin (when celery is taken in high doses)[5].

Dose: *Seeds*: 1.2 to 4 gm; *Infusion*: 1 gm drug[28].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

Celery Seed 200mg (Power Herbs)
Capsules; Celery seed 200mg.
Local Distributor: Kemimport Ltd.

MSM Glucosamine Joint Complex (Higher Nature)
Tablets; Vitamin C 30mg, zinc 5mg, copper 250mcg, boron 250mcg, MSM 450mg, glucosamine 180mg, ginger 75mg, nettle 75mg, celery seed powder 75mg, korean ginseng 15mg, kelp 5mg.
Local Distributor: Health Plus

†† Use should be limited to 2 days and should only be used again after 2 weeks[28].

CENTAURY

Centaurium erythraea

Family: Gentianaceae
Medicinal Parts: Dried aerial parts of the flowering plant.

Indications:
Principal: Disorders of the upper digestive tract, mainly dyspepsia [8, 9, 19, 28, 88].
Major: Loss of appetite, anorexia[8, 9, 19, 28, 88].

Contraindications: Stomach or intestinal ulcers[28, 88].

Side-effects: None known.

Drug interactions: None known.

Dose‡‡: 3-4 times daily: dried herb, 1-3 gm, usually as an infusion; liquid extract 1:1 in 25% alcohol, 1-3 ml[19].

CHAMOMILE, GERMAN

Matricaria recutita

Family: Asteraceae/Compositae
Medicinal Parts: The entire flowering herb or only the flowers.

Indications:
Principal: Stomach upset, minor illness (colds, fever, flatulence, diarrhea, headache, nausea, vomiting, poor digestion)[5, 28, 89, 90], insomnia, anxiety[91, 92].
Major: Dyspepsia, travel sickness[91], colic & teething pain in children[5, 28, 93], haemorrhoids (topically)[5].
Minor: Nasal catarrh, restlessness[28, 91], chemotherapy induced oral mucositis[5].
Others: Skin & mucous membrane inflammations, bacterial skin ailments, gingivitis, wounds & burns[28, 94].

Cautions: Babies, pregnancy, breast-feeding[9].

Contraindications: Hypersensitivity to any member of the Asteraceae/ Compositae family, history of atopic hay fever or asthma[5, 28].

Side-effects: Allergic reactions including emesis in high doses, allergic conjunctivitis, contact dermatitis, eczema[5, 9, 28].

Drug interactions: Anticoagulants[89], alcohol, benzodiazepines[28], NSAIDs, drugs metabolized by CYP 3A4[5].

Dose: Internal single dose: 3 gm as an infusion; Liquid extract: 1-4 ml or 1 cup of freshly made tea –

‡‡ Taken 20-30 minutes before meals and sipped slowly. The tonic effects take time to fully develop and several weeks of treatment would be advisable[19].

administered 3-4 times daily; Washes & gargles: administered several times a day[28].

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Ad-muc® (Merz)
Mouth cream; Chamomile extract, myrrhae tincture.
Local Distributor: George Farrugia & Sons Ltd.

Calma Baby (Erba Vita) see Linden

Chamomile (HealthAid)
Liquid; Chamomile extract 1:3 (equiv. of 330mg of chamomile herb in 1ml).

Tablets; 550mg chamomile extract 4:1 equiv. to 2200mg of raw powder (standardised for 2.5% apigenin).
Local Distributor: Galea & Galea

Colic Baby (Erba Vita) see Linden

Controller® Natural Sleep (Alta Care) see Linden

Femmevit® (HealthAid) see Starflower

Finocarbo Plus (Aboca) see Fennel

Karbofin Forte (ESI) see Fennel

No-Gas® enzimi (Giuliani) see Ginger

St. John's Wort Herbal Complex (Vega) see St. John's Wort

CHASTE TREE
see Agnus Castus

CHICKWEED
Stellaria media

Family: Caryophyllaceae
Medicinal Parts: Aerial parts – leaves, stems, flowers.

Indications:
Internally: Rheumatism, gout, stiffness of joints, tuberculosis, bronchial phlegm, bronchitis, diseases of the blood[5, 28, 95].
Externally: Poorly healing wounds, haemorrhoids[95], inflammation of the eyes, eczema, urticaria, other diverse skin diseases[5, 28].

Cautions: Rarely, chickweed can cause allergic skin reactions – allergy sensitive individuals should try a small amount first[5].

Side-effects: None noted.

Drug interactions: Nitrates[95].

Dose: Tincture (1:5): 2-10 ml three times daily; Infusion of dried herb: 1-5 gm three times daily; Chickweed is commonly incorporated into a topical ointment or cream base for external use (1 part chickweed to 5 parts base) and applied as required[5].

CHICORY
Cichorium intybus

Family: Asteraceae/Compositae
Medicinal Parts: Dried leaves & roots collected in autumn, whole plant collected and dried in the flowering season, fresh plant and root.

Indications:
Principal: Loss of appetite, dyspepsia[8, 28].
Others: Jaundice, gallbladder & liver problems, intestinal worms, diabetes[96].

Cautions/Contraindications: None noted.

Side-effects: Potential for sensitization via skin contact with the drug[28].

Drug interactions: None noted.

Dose: 3 gm comminuted drug daily. Single dose: 2-4 gm whole herb for an infusion[28].

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

Bambu® (A.Vogel)
Granules; Chicory, wheat, malted barley, figs, acorns.
Local Distributor: Health Plus

Sollievo (Aboca) see Senna

Super Antioxidant (Higher Nature)
Tablets; Chicory root 10mg, bilberry fruit 10mg, vitamin A 1133mcg, vitamin C 167mg, vitamin E 45mg, riboflavin 5mg, zinc 4mg, manganese 1.3mg, selenium 50mcg, N-acetyl cysteine 5mg, L-cysteine 5mg, glutathione 2.5mg.
Local Distributor: Health Plus

CHINESE ANGELICA
see Dong Quai

CINCHONA
Cinchona pubescens

Family: Rubiaceae
Medicinal Parts: Dried bark of 6- to 8-year-old trees.

Indications:
Principal: Loss of appetite[8, 28, 45].
Major: Dyspeptic complaints[97], flatulence with a sense of fullness[8, 28].
Others: Feverish infections, malaria[98, 99], flu, muscle cramps, muscle pain, gastric disorders[28], cancer[28, 99].

Cautions: Recommended dosages should not be exceeded as it contains quinine alkaloids that are toxic in large doses[28].

Contraindications: Pregnancy[28], hypersensitivity to quinine[8], gastric or intestinal ulcers[45].

Side-effects: Hypersensitivity reactions (skin allergies, fever), increased tendency of bleeding[28, 45].

Drug interactions: Digoxin, anticoagulants[28, 45], flecainide[28].

Dose: Total daily dose: 1 to 3 gm of drug; liquid extract daily dose: 0.6 to 3 gm of cinchona liquid extract; standard single dose of the extract is 0.2 gm; liquid extract single dose is 0.5 to 1 gm[45].

CINNAMON

Cinnamomum verum

Family: Lauraceae
Medicinal Parts: Oil extracted from bark, bark of younger branches, leaf oil.

Indications:
Principal: Digestive disorders such as nausea, flatulence, dyspepsia & GI colic; loss of appetite[5, 8, 19, 28, 100].
Major: Diarrhoea in children, common cold, influenza, winter chills, poor circulation[19].
Minor: Type 2 diabetes[5, 101], gestational diabetes, *Helicobacter pylori* infection[5].
Others: Cancer[102].

Contraindications: Pregnancy (except in amounts normally used in foods)[5, 8, 19, 28], allergy to cinnamon or Peru balsam, in cases of fever of unknown origin, active stomach or duodenal ulcers[5, 8].

Side-effects: Allergic skin and mucosal reactions may occur in sensitive individuals, arising mainly from cinnamaldehyde (the major component of the essential oil)[5, 8, 19].

Drug interactions: Hypoglycaemic agents[5, 100].

Dose: Three times daily: dried bark, 0.5-1 gm as an infusion; liquid extract (1:1 in 70% alcohol), 0.5-1 ml; tincture, 2-4 ml[19].

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Altasterol® Stimulant (Alta Care) see Ginger

Candaway™ (Lamberts)
Capsules; Cinnamon bark 3750mg (provided by 750mg of a 5:1 extract), olive leaf 800mg (provided by 200mg of a 4:1 extract), fennel seed 400mg (provided by 100mg of a 4:1 extract), cardamom oil 100mg.
Local Distributor: Health Plus

Cinnamon (HealthAid)
Capsules; Cinnamon bark powder 250mg,

cinnamon extract 30mg (equiv. to 600mg of powder).
Local Distributor: Galea & Galea

Dietrim (Vitabiotics)
Capsules; Conjugated linoleic acid (80%) 400mg, papain (papaya extract) 10mg, cinnamon bark extract 10mg, vitamin A 100mcg, vitamin D 2.5mcg, vitamin E 2.5mcg, vitamin C 15mg, vitamin B1 2.5mg, vitamin B2 0.5mg, vitamin B3 5mg, vitamin B6 2.5mg, folacin 100mcg, vitamin B12 2.25mcg, biotin 11.25mcg, pantothenic acid 7.5mg, iron 2mg, magnesium 12.5mg, zinc 3mg, iodine 7.5mcg, manganese 0.125mg, copper 0.25mg, chromium 37.5mcg, selenium 31.25mcg, natural mixed carotenoids 0.5mg, co-enzyme Q10 2.5mg, lecithin 7.5mg.
Local Distributor: Kemimport Ltd.

Gastro-Vit Formula (Vega) see Aloe Vera

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Red Sterol Complex (Higher Nature)
Tablets; 250mg cinnamon bark, 250mg plant sterols, 50mg red yeast rice, 25mg vitamin E.
Local Distributor: Health Plus

VeinTain® (Lamberts) see Ginger

CITRONELLA
see Lemongrass

CLEAVERS
Galium aparine

Family: Rubiaceae
Medicinal Parts: Dried aerial parts collected during the flowering and fruiting period.

Indications:
Principal: Ulcers, breast lumps, skin rashes, dysuria[9, 26, 45, 103].
Major: Cystitis, as a diuretic for dropsy, bladder catarrh, retention of urine (ischuria)[26, 45, 103].

Cautions/Contraindications: None known.

Side-effects: None noted.

Drug interactions: Loop diuretics, thiazide diuretics, spironolactone, triamterene[63].

Dose: Three times daily: dried herb, 2-4 gm or in infusion; expressed juice, 5-15 ml; liquid extract (1:1, 25% ethanol), 2-4 ml; tincture (1:5, 25% ethanol), 4-10 ml[45].

Aquaflow® (HealthAid) see Dandelion

Boldo Multi-Herbal Complex (Healthlife) see Boldo

CLOVE

Syzygium aromaticum

Family: Myrtaceae
Medicinal Parts: Dried flowerbud, leaf, stem.

Indications:
Principal: Toothache[9], pain & inflammation of the mouth and throat mucosa, for buccal hygiene[5, 19, 28].
Major: Stomach ulcers, flatulence, colic, abdominal bloating, nausea, headache, colds[5, 19, 28].
Minor: Coughs, treatment of small wounds, sores, acne & other inflammatory conditions (locally)[19], chronic anal fissures[104], herpes simplex virus type 1[5, 105].
Others: Neuralgia, bronchitis, whooping cough[19].

Cautions: None known.

Contraindications: Liver function impairment, patients taking paracetamol or anticoagulants[19].

Side-effects: Contact dermatitis, irritation to mucous membranes on local application in sensitive individuals[5].

Drug interactions: Anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins[28].

Dose:
Internal: Three times daily: dried buds, 120-300 mg or as an infusion of 2 cloves to a cupful of hot water; tincture, 20 drops; clove oil, 0.05-0.1 ml (2-4 drops)[19].
Local: For toothache, undiluted oil dab 1-2 drops of clove oil on to cotton wool and rub over affected tooth. In mouthwashes, the equivalent of 1-5% of essential oil[19].

Coloclear Extra (Higher Nature) see Flaxseed

Erbalax® Forte Compresse (Erba Vita) see Senna

Jointace Gel (Vitabiotics) see Ginger

Jointace Patch (Vitabiotics) see Ginger

Natural Herbal Inhalant Oil (Numark) see Eucalyptus

Neuralta® Migren (Alta Care) see Peppermint

Teenstick (Arkopharma)
Roll-on; Essential oils of clove, geranium, palmarosa, tea tree, ylang ylang.
Local Distributor: Pharmacos Ltd.

COLT'S FOOT

Tussilago farfara

Family: Asteraceae/Compositae
Medicinal Parts: Leaves, flowers.

Indications:
Principal: Treatment and prevention of diseases and ailments of the respiratory tract such as cough, hoarseness, bronchial catarrh, acute & chronic bronchitis, asthma, colds, influenza, inflammation and irritation of the oral and pharyngeal mucosa, sore throat, tonsillitis, swelling of the glands and tuberculosis of the lymph nodes[8, 9, 14, 28].
Major: Smoking addiction[28].
Minor: Diarrhoea, for the stimulation of metabolism[8].
Others: Wound treatment[8].

Cautions: Colt's foot contains hepatotoxic (hepatic venoocclusive disease) and carcinogenic pyrrolizidine alkaloids[8, 9, 14, 28].

Contraindications: Pregnancy, breastfeeding[9, 28].

Side-effects: Contact dermatitis in patients sensitive to the Compositae family and cross-reactivity may occur with other compositae[14].

Drug interactions: None known.

Dose: The total daily dose is 4.5 to 6 gm of drug. The maximum daily dose must not be more than 1mcg of total pyrrolizidine alkaloids with 1.2 unsaturated necine structure. The drug should not be taken for more than 4 to 6 weeks a year[28].

COMFREY

Symphytum officinale

Family: Boraginaceae
Medicinal Parts: Leaf, rhizome, root.

Indications:
Principal: Bruises, sprains, pulled muscles & ligaments, promotion of bone healing, skin inflammation, varicose ulcers [externally][8, 9, 14, 28, 45].
Minor: Gum disease, pharyngitis, strep throat [as a mouthwash and gargle]; gastritis, GI ulcers [internally][28, 45].
Others: Arthritic pain[28], cough[14].

Cautions: External administration should only be on areas where the skin is unbroken, and only with industrially produced pyrrolizidine alkaloid-free extracts[28].

Contraindications: Previous liver or kidney disease, pregnancy, breastfeeding[8, 9, 28].

Side-effects: Hepatotoxicity[9, 14, 28].

Drug interactions: None known.

Dose[§§]: Unless otherwise prescribed, ointment or other preparations for external use with 5 to 20% of dried drug or equivalent preparations[45].

Comfrey Cream (A.Vogel)
Cream; Each gram contains 200mg comfrey extract.
Local Distributor: Health Plus

Jointcare Comfrelieve™ (Seven Seas)
Cream; 35g liquid extract (1:2) from Comfrey root.
Local Distributor: Associated Drug Co. Ltd.

CORN SILK
Zea mays

Family: Poaceae
Medicinal Parts: Seeds.

Indications: Disorders of the urinary tract[28] such as dysuria, cystitis[45], urethritis, nocturnal enuresis, prostatitis, and specifically for acute and chronic inflammation of the urinary tract[9].

Cautions: None known.

Side-effects: No health hazards are known in conjunction with the proper administration of designed therapeutic dosages.

Drug interactions: Corticosteroids[63].

Dose: Three times daily: dried drug, 2-8 gm or in infusion; liquid extract (1:1, 25% ethanol), 4-8 ml; tincture (1:5, 25% ethanol) 5-15 ml[45].

COUCH GRASS
Agropyron repens

Family: Gramineae
Medicinal Parts: Rhizome collected in spring or autumn.

Indications:
Principal: Ailments and infections of the urinary tract, particularly cystitis, but also urethritis, prostatitis and irritable bladder; renal calculi[8, 9, 19, 28].
Major: Gout, rheumatic pain[19, 28], chronic skin disorders[19, 28, 106].

Cautions: Ensure copious fluid intake for irrigation therapy[28].

§§ Comfrey should not be used orally for more than 4 weeks if pyrrolizidine alkaloids might be present. Comfrey should only be applied to intact skin[28].

Contraindications: No irrigation therapy if oedema is present due to cardiac or renal insufficiency[8, 28].

Side-effects: None known.

Drug interactions: None known.

Dose: Three times daily: dried rhizome, 4-8 gm, usually in decoction or infusion; liquid extract (1:1 in 25% alcohol), 4-8 ml; tincture (1:5 in 40% alcohol), 5-15 ml[19].

Cellusite™ (HealthAid) see White Willow

Hip & Thigh Formula (HealthAid) see White Willow

CRANBERRY

Vaccinium macrocarpon

Family: Ericaceae
Medicinal Parts: Fruit.

Indications:
Principal: Prevention and treatment of urinary tract infections[5, 28, 107, 108].
Major: Blood disorders[110], digestive ailments, prevention of *H. pylori* [109] and dental plaque[5, 28].
Others: Anorexia, cancer treatment[110], diabetes[111], scurvy, wound care, gout[28].

Cautions: Pregnancy[28], diabetics when using commercially prepared cranberry juices because of the high sugar content[5].

Contraindications: None known.

Side-effects: GI discomfort, diarrhoea[5, 28].

Drug interactions: Warfarin[107], proton pump inhibitors, H_2 antagonists[5, 28].

Dose: To prevent urinary tract infections, 30-300 gm cranberry juice; in children 15mg/kg body weight. In type 2 diabetes, 200-400mg[28].

Cranberola® (Arkopharma)
Capsules; Cranberry powder and berry extract 400mg.
Local Distributor: Pharmacos Ltd.

Cranberry (Arkopharma)
Capsules; Cranberry fruit powder, acerola powder, vitamin C, cellulose.
Local Distributor: Pharmacos Ltd.

Cranberry (HealthAid)
Tablets; Cranberry (25:1) extract 200mg equiv. to 5000mg of cranberry powder.
Local Distributor: Galea & Galea

Cranberry (NatraHealth)
Tablets; Cranberry extract 3500mg.
Local Distributor: Collis Williams Ltd.

Cranberry (Quest)
Tablets; Cranberry fruit extract 200mg providing 60mg organic acids, equiv. to 5000mg herb powder.
Local Distributor: Pharma MT Ltd.

Cranberry Complex (Lamberts)
Powder; Per 5 gm (1 teaspoon): cranberry powder 2470mg, fructooligosaccharides (derived from chicory root) 2470mg, vitamin C 60mg.
Local Distributor: Health Plus

Cranberry Cyst (ESI)
Tablets; Cranberry 700mg, bearberry 200mg, grapefruit seed 100mg, ortosiphon 100mg, goldenrod 100mg.
Local Distributor: Collis Williams Ltd.

Cranberry Extract (Numark)
Tablets; Cranberry extract 80mg, equiv. to 2000mg herb.
Local Distributor: Premier HealthCare

Cranberry Juice Concentrate (Power Health)
Tablets; Cranberry juice concentrate (25:1) 180mg equiv. to fresh cranberries 4500mg.
Local Distributor: Kemimport Ltd.

Cranberry Plus Formula (Vega)
Capsules; Cranberry standardised extract 200mg (min. 40% organic acids), caprylic acid 100mg, deodorized garlic standardised clove extract 10:1 equiv. to herb 100mg (min. 0.5% allicin content), bromelain 50mg, prebiotic fructooligosaccharides 50mg, lactobacillus acidophilus 30mg, vitamin C 30mg, niacin 18mg, zinc 7.5mg, pantothenic acid 6mg, beta carotene 2.4mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Cys-control® Cranberola (Arkopharma)
Sachets; Cranberry, rich in proanthocyanidins (36mg).
Local Distributor: Pharmacos Ltd.

Cysticare® (HealthAid)
Tablets; Cranberry extract (4:1) 250mg, dandelion root powder 50mg, parsley powder 50mg, sage 50mg, bearberry extract (4:1) 25mg, stinging nettle extract (4:1) 25mg, buchu leaf extract (4:1) 25mg, vitamin C 125mg.
Local Distributor: Galea & Galea

Ellegyn® Cysti (Alta Care)
Capsules; Omega 3 (350mg), cranberry seed oil (100mg), EPO (50mg).
Local Distributor: Ultra Pharma Ltd.

Natural Cranberry with Vitamin C (Solgar)
Vegicaps; Cranberry concentrate powder 440mg, vitamin C 60mg.
Local Distributor: Natural Remedies

Super Strength Cranberry (Higher Nature)
Capsules; Cranberry (standardised cranberry fruit extract and infused whole fruit) 500mg.
Local Distributor: Health Plus

Venalta® (Alta Care) see Grapeseed

WellTeen® Plus Omega-3 (Vitabiotics)
WellTeen tablets; Cranberry extract 100mg, green tea extract 40mg, L-carnitine tartarate 50mg, co-enzyme Q10 2mg, natural mixed carotenoids 2mg, vitamin A 400mcg, vitamin D 20mcg, vitamin E 8mg, vitamin C 80mg, vitamin B1 6mg, vitamin B2 3mg, vitamin B3 18mg, vitamin B6 8mg, olic acid 400mcg, vitamin B12 15mcg, biotin 75mcg, pantothenic acid 6mg, magnesium 94mg, iron 12mg, zinc 15mg, copper 1000mcg, manganese 2mg, selenium 55mcg, chromium 50mcg, iodine 130mcg.
Omega-3 capsules; Omega-3 ish oil 541mg (providing EPA 165mg & DHA 116mg), vitamin E 5.5mg.
Local Distributor: Kemimport Ltd.

CRANESBILL
Geranium maculatum

Family: Geraniaceae
Medicinal Parts: Dried rhizome, leaf, root.

Indications:
Principal: Haemorrhoids, peptic & duodenal ulcers, diarrhoea, heavy menstruation, dysmenorrhoea[19, 28].
Major: Acute bronchitis, tonsillitis, upper respiratory tract infection, sore throat, mouth ulcers, infected gums[19].
Minor: Bleeding of mucous membranes[19, 28].

Contraindications: None known.

Side-effects: No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.

Drug interactions: None known.

Dose: Three times daily: dried rhizome, 1-2 gm as an infusion or decoction; liquid extract 1:1 in 45% alcohol, 1-2 ml[19].

Citronella Geranium Aerosol Free Nebuliser (Sella) see Lemongrass

Citronella Geranium for Children (Sella) see Lemongrass

Citronella Geranium Stick (Sella) see Lemongrass

Evening Primrose (HealthAid) see Evening Primrose

Teenstick (Arkopharma) see Clove

CURCUMA
see Turmeric

DAMIANA
Turnera diffusa

Family: Turneraceae
Medicinal Parts: Leaves harvested during the flowering season.

Indications:
Principal: Sexual dysfunction, decreased libido[5, 8, 9, 14, 28, 112].
Major: For strengthening & stimulation during exertion (overwork), for boosting and maintaining physical and mental capacity[8].
Minor: Anxiety & depression associated with hormonal changes (e.g. menopause), nervous dyspepsia, constipation[5, 28, 45].

Cautions: Patients with hypoglycaemia[9, 113].

Contraindications: Patients with overactive sympathetic nervous system activity[5].

Side-effects: None known.

Drug interactions: Hypoglycaemic agents[5].

Dose: Three times daily: dried drug, 2-4 gm or in infusion; liquid extract (1:1, 60% ethanol), 3-6 ml[45].

Damiana Leaf (HealthAid)
Liquid; Damiana extract 1:4 (equiv. of 250mg of damiana herb in 1ml).
Local Distributor: Galea & Galea

Energizer Formula (Vega) see Siberian Ginseng

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Zotrim (Nature's Remedies) see Maté

DANDELION
Taraxacum officinale

Family: Asteraceae/Compositae
Medicinal Parts: Dried leaves & roots.

Indications:
Principal: Water retention due to various causes[114, 115], insufficient production of bile[5, 9, 28, 45, 115].
Major: Dyspeptic complaints, urinary tract infections, liver & gall bladder complaints, loss of appetite[8, 28].
Others: Diabetes, rheumatic conditions, urticaria, eczema[5, 28].

Contraindications: Bile duct obstruction, gall bladder empyema, ileus[5, 8, 28].

Side-effects: Superacid gastric complaints, sensitization reactions[28].

Drug interactions: Anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins, fluoroquinolones, potassium[5, 28, 115].

Dose: Tincture: 10-15 drops three times daily; a cup of freshly made tea can be taken mornings and evenings[28].

2-Day DetoxPlan (HealthAid) see Milk Thistle

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Altadrine® Day Burner (Alta Care) see Grapeseed

Altadrine® Night Burner (Alta Care) see Green Tea

Aquaflow® (HealthAid)
Tablets; Dandelion root powder 80mg, bladderwrack powder 80mg, buchu leaf powder 80mg, uva ursi powder 80mg, juniper berry powder 80mg, yellow dock root extract 80mg, cleavers powder extract 80mg, burdock powder 80mg, parsley leaf powder 75mg, barberry bark powder 15mg.
Local Distributor: Galea & Galea

Boldo Multi-Herbal Complex (Healthlife) see Boldo

Cellusite™ (HealthAid) see White Willow

Cysticare® (HealthAid) see Cranberry

Dandelion (HealthAid)
Liquid; Dandelion extract 1:4 (equiv. of 250mg of dandelion herb in 1ml).
Local Distributor: Galea & Galea

Dandelion Root (HealthAid)
Tablets; 140mg dandelion root extract and raw powder 4:1 equiv. to 560mg of raw dandelion root powder.
Local Distributor: Galea & Galea

Detoxil (Vitabiotics) see Artichoke

Erbalax® Delicato Capsule (Erba Vita) see Rhubarb

Hip & Thigh Formula (HealthAid) see White Willow

Lass-B (Erba Vita)
Syrup; Manna 15%, decoction of figs 10%, tamarind fruit pulp extract 5%, dandelion root extract 7.5%, concentrated and purified propolis extract (total flavonoids expressed as galangin 12%, according to HPLC, 28%, UV method).
Local Distributor: E.J. Busuttil Ltd.

Livercare® (HealthAid) see Milk Thistle

Menophase (Higher Nature) see Schisandra

Milk Thistle Complex (HealthAid) see Milk Thistle

Milk Thislte Plus (FSC) see Milk Thistle

Slim-Rite (HealthAid) see Alfalfa

Sollievo (Aboca) see Senna

DEVIL'S CLAW
Harpagophytum procumbens

Family: Pedaliaceae
Medicinal Parts: Dried tuber/root.

Indications:
Principal: Dyspeptic complaints, inflammatory disorders including arthritis, gout, myalgia, fibrositis, lumbago & rheumatic disease[5, 8, 9, 28, 45, 116, 117, 118, 119].

Major: Acute low back pain, loss of appetite[5, 28, 118].
Minor: Allergies, kidney, bladder & gall bladder disorders[28, 118].

Contraindications: Stomach or duodenal ulcers[8, 28, 45], gallstones, acute diarrhoea, pregnancy[5].

Side-effects: Diarrhoea[5].

Drug interactions: Warfarin, antiarrythmic drugs[5], antiplatelet drugs, NSAIDs[116].

Dose: Three times daily.
For dyspepsia or lack of appetite: dried tuber, 0.5 gm in decoction; tincture (1:5, 25% ethanol), 1ml.
For other indications: dried tuber, 1.5-2.5 gm in decoction; liquid extract (1:1, 25% ethanol), 1-2ml[45].

Arthur's Formula Ltd (Power Health)
Tablets; Devil's claw powder 225mg, cat's claw bark extract 34mg, alkaloids 1mg, willow bark powder 40mg, garlic powder 40mg.
Local Distributor: Kemimport Ltd.

Atrosan® (A.Vogel)
Tablets; Devil's claw extract 480mg.
Local Distributor: Health Plus

Devil's Claw (Arkopharma)
Capsules; Devil's claw powder 435mg (containing 9.5mg glucoiridoids).
Local Distributor: Pharmacos Ltd.

Devil's Claw (A.Vogel)
Liquid; Tincture of devil's claw dried root, extracted in alcohol (66% v/v).
Local Distributor: Health Plus

Devil's Claw (HealthAid)
Liquid; devil's claw extract 1:3 (equiv. of 330mg of devil's claw herb in 1ml).
Local Distributor: Galea & Galea

Devil's Claw Herbal Complex (Vega)
Capsules; Devil's claw root extract 4:1 150mg (min. 2.5% harpagosides); devil's claw root powder 150mg (equiv. to 750mg devil's claw root herb); Vega Phytoantioxidant Base™ 140mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 224mg, prebiotic acacia gum 112mg.
Local Distributor: Alfred Gera & Sons Ltd.

Flodol® (Alta Care) see Meadowsweet

Flodolor® Flexi (Alta Care) see Papaya

Neuralta® Plus (Alta Care) see Papaya

No-Dol (ESI)
Capsules; Glucosamine 250mg, chondroitin sulfate 100mg, MSM 100mg, devil's claw 100mg, manganese 5mg, aloe vera 15mg.
Local Distributor: Collis Williams Ltd.

Phytorhuma (Arkopharma)
Gel; Devil's claw extract 30%.
Local Distributor: Pharmacos Ltd.

DONG QUAI
Angelica sinensis

Family: Umbelliferae
Medicinal Parts: Whole root.

Indications:
Principal: Menstrual complaints such as menstrual cramps & scanty menstruation; uterine contractions; menopausal symptoms[5, 28, 120].
Major: Arrhythmia, asthma & bronchitis, cardiovascular disorders,

kidney problems[5, 28, 121].
Others: Constipation, migraine, neuralgia, hypertension[28].

Cautions: Patients taking large doses of Dong Quai, or using it concurrently with blood thinners, should be monitored for increases in prothrombin time and INR[28, 122], limit sun exposure & use sunscreen[28].

Contraindications: Pregnancy, hemorrhagic disease, hypermenorrhoea, chronic diarrhoea, abdominal bloating, acute infections including cold & flu[5, 28].

Side-effects: GI disturbances, increased bleeding, photodermatitis[5, 28, 123].

Drug interactions: Anticoagulants, low molecular weight heparins, thrombolytic agents, benzodiazepines, beta-adrenergic blockers, nifedipine, testosterone, tolbutamide[5, 28, 63].

Dose: 2-3 gm 2 to 3 times daily (liquid extract, tablet)[28].

Dong Quai (HealthAid)
Liquid; Dong quai extract 1:4 (equiv. of 250mg of dong quai herb in 1ml).
Tablets; Raw dong quai powder 210mg, standardised dong quai root 160mg.
Local Distributor: Galea & Galea

Dong Quai Herbal Complex (Vega)
Capsules; Dong quai root powder 350mg; dong quai root extract (6:1) 200mg (min. 1% lingustilides) equiv. to 1550mg dong quai root herb.
Local Distributor: Alfred Gera & Sons Ltd.

Dong Quai Root Extract (Solgar)
Vegicaps; Raw dong quai root powder 200mg, standardised dong quai root extract (2mg [1%] ligustilides) 150mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

Herbal Female Complex (Solgar) see Black Cohosh

Menovital® (HealthAid)
Tablets; Dong quai 6:1 standardised extract 167mg (min. 1% lingustilide) equiv. to 1000mg of dong quai powder, flaxseed oil powder 100mg (provides 20mg alpha linolenic acid), siberian ginseng 5:1 extract 100mg, sage powder 100mg, starflower oil powder 100mg (provides 7mg GLA), red clover blossoms 50mg, liquorice standardised extract 25mg (min. 20% glycyrrhizinc acid), black cohosh standardised extract 20mg (provides 1mg of deoxyacetin), agnus castus 5:1 standardised extract 8mg (min. 1% lingustilide) equiv. to 40mg powder, vitamin C 60mg, vitamin B6 10mg, zinc 15mg, soya isoflavone extract 50mg (provides 40% isoflavone), vitamin E 5mg, iron 14mg, L-tyrosine 50mg.
Local Distributor: Galea & Galea

ECHINACEA

Echinaceae species

Family: Asteraceae/Compositae
Medicinal Parts: Roots, leaves or the whole plant in various stages of development, depending on varieties.

Indications:
Principal: Upper respiratory tract infections including common cold & influenza[5, 9, 19, 28, 124, 125, 126, 127].
Major: Poorly healing superficial wounds; digestive, respiratory & urinary tract infections; inflammatory and purulent conditions including furunculosis, carbuncles, abscesses & acne[5, 19, 28, 127].
Minor: Mild septicaemia, burns, eczema, leg ulcers[5, 19, 28, 127].
Others: Treatment of leucopenia following radio & cytostatic therapy and in support of anti-infectious chemotherapy[5, 28, 128].

Cautions: Diabetes may worsen in diabetic patient receiving Echinacea intravenously[28].

Contraindications: Pregnancy, hypersensitivity to Compositae plants, tuberculosis, multiple sclerosis, leukosis, collagenosis, AIDS or HIV infection, other autoimmune diseases[5, 28].

Side-effects:
Rare: Allergic reactions[5, 28].
Others: Short-term fever reactions, nausea and vomiting can occur when used parenterally[28].

Drug interactions: Caffeine, midazolam, basiliximab, azathioprine, corticosteroids, cyclosporine, daclizumab, muromonab, mycophenolic acid, mycophenelate acid, sirolimus, tacrolimus[28, 126].

Dose:
Internally: 6-9 ml of the expressed juice[28].
Externally: 50 ml of a decoction from root, three times daily[19].
Avoid prolonged use.

Altacura® Infludrink (Alta Care) see Meadowsweet

Children's Echinacea (HealthAid)
Liquid; Per 1ml average: Echinacea extract (1:1) 100mg derived from *Echinacea angustifolia* root powder, acerola cherry extract 25% 240mg which provides 60mg of vitamin C in a base of cherry juice concentrate.
Local Distributor: Galea & Galea

Concentrated Echinacea 500mg (Numark)
Tablets; Echinacea root extract 500mg.
Local Distributor: Premier HealthCare

Echinacea (A. Vogel)
Lozenges; Fresh echinacea extract, glucose syrup, cane sugar, honey, caramel sugar syrup, menthol, peppermint oil, citric acid.
Local Distributor: Health Plus

Echinacea (HealthAid)
Liquid; Echinacea extract 1:5 (equiv. of 200mg of echinacea herb in 1ml).
Tablets; Pure *Echinacea purpurea* powder

500mg.
Local Distributor: Galea & Galea

Echinacea (NatraHealth)
Tablets; *Echinacea purpurea* equiv. to 1000mg, providing polyphenols 10mcg.
Local Distributor: Collis Williams Ltd.

Echinacea 300 (Power Herbs)
Tablets; Echinacea (3:1) dry extract 100mg equiv. to fresh echinacea 300mg (providing echinacosides 4mg).
Local Distributor: Kemimport Ltd.

Echinacea 1000mg (Lamberts)
Tablets; 1000mg echinacea (*Echinacea purpurea*) provided by 250mg of a 4:1 extract.
Local Distributor: Health Plus

Echinacea 1000mg & Goldenseal 2000mg (Lamberts)
Tablets; 1000mg echinacea (*Echinacea purpurea*) provided by 250mg of a 4:1 extract, 2000mg goldenseal provided by 100mg of a 20:1 extract.
Local Distributor: Health Plus

Echinacea & Black Elderberry (Higher Nature)
Capsules; 127.5mg echinacea extract 4:1, 85mg black elderberry extract 4:1, 170mg olive leaf extract 4:1, 50mg myrrh.
Local Distributor: Health Plus

Echinacea Cream (A.Vogel)
Cream; Each gram contains tinctures of: echinacea (*Echinacea purpurea*) 50mg, wild pansy 50mg.
Local Distributor: Health Plus

Echinacea Extract (Solgar)
Vegicaps; Raw echinacea aerials powder 300mg, standardised echinacea root powdered extract (5mg [4%] echinacosides) 125mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

Echinacea Forte (A.Vogel)
Tablets; *Echinacea purpurea* herb and root extract 750mg equiv. to 810mg of whole fresh plant.
Local Distributor: Health Plus

Echinacea Herbal Complex (Vega)
Capsules; Echinacea (angustifolia and purpurea) leaf/root powder 750mg, echinacea (angustifolia and purpurea) root extract (5:1) 140mg (min. 4% echinacosides) equiv. to 1450mg echinacea leaf/root herb.
Local Distributor: Alfred Gera & Sons Ltd.

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega)
Capsules; Echinacea (purpurea) root extract 5:1 equiv. to herb 250mg (min. 4% echinacosides), ginseng korean (panax) root extract 5:1 equiv. to herb 250mg (min. 20% ginsenosides), astragalus root extract 4:1 equiv. to herb 200mg, deglycrrhised liquorice root extract 50mg (<1% glycyrrhisin), ginger root powder 50mg, ginkgo biloba leaf powder 50mg, schisandra fruit powder 50mg, shiitake mushroom powder 50mg.
Local Distributor: Alfred Gera & Sons Ltd.

Echinacea (Purpurea & Angustifolia) (Health Aid)
Tablets; *Echinacea purpurea* extract 180mg equiv. to 900mg raw echinacea powder (standardised for min 4% polyphenols), echinacea tri spectrum 25mg equiv. to 100mg echinacea powder.
Local Distributor: Galea & Galea

Echinacea Root 500mg (FSC)
Tablets; Echinacea root (*Echinacea purpurea*) extract equiv. to dried herb powder 500mg.
Local Distributor: Kemimport Ltd.

Echinacea Throat Spray (A.Vogel)
Spray; Tinctures of: fresh *Echinacea purpurea* (echinacea) herb 190mg, fresh *salvia officinalis* (sage) leaves 95mg, fresh *Echinacea purpurea* (echinacea) root 10mg.
Local Distributor: Health Plus

Echinaforce® (A.Vogel)
Tablets; 6.2 mg echinacea (*Echinacea purpurea*) herb and root concentrate equiv. to 270mg whole fresh plant or 60mg of whole dried plant. .
Local Distributor: Health Plus

Echinaforce® Forte (A. Vogel)
Tablets; 1,140mg of *Echinacea purpurea* extract from fresh herb and 60mg of extract from fresh root.
Local Distributor: Health Plus

Herbal Booster™ (HealthAid) see Guarana

Immuno baby (Erba Vita)
Syrup; Quantities for maximum daily dose (15ml): Blackcurrant buds 0.3ml, rosehip berries 0.3ml, *Echinacea angustifolia* root dry extract 150mg (0.1% of echinacoside 0.15mg), tabebuia bark dry extract 75mg (3.8% naphthoquinone 2.85mg), cat's claw dry extract 75mg (1.05% of total alkaloids ossindolici 0.79mg).
Local Distributor: E.J. Busuttil Ltd.

Milk Thistle & Artichoke (Higher Nature) see Milk Thistle

Perfectil (Vitabiotics)
Capsules; Echinacea extract equiv. to 195mg, burdock extract equiv. to 80mg, vitamin D 2.5mcg, vitamin E 40mg, vitamin C 30mg, thiamin 10mg, riboflavin 5mg, niacin 18mg, vitamin B6 20mg, folacin 500mcg, vitamin B12 9mcg, biotin 45mcg, pantothenic acid 40mg, iron 12mg, magnesium 50mg, zinc 15mg, iodine 200mcg, manganese 2mg, silicon 3mg, copper 2mg, chromium 50mcg, selenium 100mcg, cystine 10mg, betacarotene 5mg, PABA 30mg.
Local Distributor: Kemimport Ltd.

Phytocold (Arkopharma)
Capsules; Powdered roots of *Echinacea purpurea* 250mg.
Local Distributor: Pharmacos Ltd.

Uva-ursi complex (A.Vogel) see Uva-Ursi

Wintervits® (HealthAid) see Tragacanth

ELDER
Sambucus nigra

Family: Caprifoliaceae
Medicinal Parts: Bark peeled from branches, air-dried flowers, fresh & dried leaves, fresh & dried ripe fruit, dried roots, fresh leaves.

Indications:
Principal: Common cold, feverish conditions[9, 28, 45, 129, 130].
Major: Respiratory disorders such as coughs, laryngitis, shortness of breath[9, 28, 129, 130].

Cautions: Diabetics[28].

Contraindications: None known.

Side-effects: Dizziness, headache, convulsions, GI distress, nausea, vomiting, diarrhoea, tachycardia[28].

Drug interactions: Iron, magnesium[28], antidiabetics, morphine, phenobarbital[130].

Dose: Three times daily: dried flowers, 3-5 gm in infusion; liquid extract (1:1, 25% ethanol), 3-5 ml; tincture (1:5, 25% ethanol), 10-25 ml[45].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

Allergforte™ (HealthAid) see Nettle

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Echinacea & Black Elderberry (Higher Nature) see Echinacea

Elderberry (HealthAid)
Liquid; Elderberry extract 1:3 (equiv. of 330mg of elderberry herb in 1ml).
Local Distributor: Galea & Galea

Immune + (Higher Nature)
Tablets; 40mg black elderberry standardised extract (2% total flavanoids), 25mg bilberry standardised extract (2% anthocyanidins), 25mg blackcurrant fruit 4:1 extract (min. 2% anthocyanidins), 500mg vitamin C, 2.5mg zinc.
Local Distributor: Health Plus

Mucovit® Sciroppo Adulti (Erba Vita) see Grindelia

Mucovit® Sciroppo bambini (Erba Vita) see Grindelia

Sambucol For Children (Sambucol)
Liquid; Black elderberry (berry extract) 0.95g, vitamin C 32.5mg.
Local Distributor: Kemimport Ltd.

Sambucol® Immuno Forte Formula (Sambucol)
Liquid; Black elderberry (berry extract) 1.9g, zinc (as gluconate) 1.3mg, vitamin C 55mg.
Local Distributor: Kemimport Ltd.

Sambucol® Original Formula (Sambucol)
Liquid; Black elderberry (berry extract) 1.9g.
Local Distributor: Kemimport Ltd.

ELDERBERRY
see Elder

ELECAMPANE
Inula helenium

Family: Asteraceae/Compositae
Medicinal Parts: Dried or fresh rhizome.

Indications:
Principal: Bronchitis, coughs, bronchial catarrh, dry irritating cough in children[9, 28, 45, 131].
Others: Urinary tract infections, worm infestations (roundworm, threadworm, hookworm, whipworm)[9], stomach ulcers, menstrual complaints, headaches[28].

Contraindications: Hypersensitivity to other plants in the Asteraceae family[9], pregnancy, lactation[28, 45].

Side-effects: Occasional allergic reactions[28, 45].

Drug interactions: Hypoglycaemic & antihypertensive treatment[9].

Dose: Three times daily: Dried root, 1.5-3 gm in decoction; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 3-5 ml[45].

EPHEDRA

Ephedra sinica

Family: Ephedraceae
Medicinal Parts: Young canes, dried rhizome with roots.

Indications[¶¶]:
Principal: Asthma, allergies, nasal congestion, related upper respiratory symptoms[14, 28, 132, 134].
Major: Bronchitis, hayfever, colds[28, 134].
Others: Weight gain[133], decreased libido[14].

Cautions: For short term use only due to danger of addiction[28, 133].

Contraindications: Diabetes, heart disease, hypertension, hyperthyroidism, thyrotoxicosis, individuals under 18 years, anorexia, bulimia, states of anxiety and restlessness, insomnia, depression, suicidal tendency, mental, emotional or behavioural disorders, stomach ulcers, pheochromocytoma, angle-closure glaucoma, use before or during strenuous exercise, use with other stimulants[28].

Side-effects: Headache, dizziness, irritability, motor restlessness, sleeplessness, urinary disorders, nausea, vomiting, tachycardia, cardiac arrhythmias, myocardial infarction, haemorrhagic or ischaemic stroke, seizures[28, 133].

Drug interactions:
Contraindicated: Isocarbixazid, cyclopropane, halothane, selegiline, rasagiline.
Major risk: Iproniazid, MAOIs, procarbazine, pargyline, nialamide, furazolidine, tranylcypromine, phenelzine, caffeine.
Moderate risk: Guanethidine, iobenguane, bethanidine, theophylline, sodium bicarbonate and other antacids.
Potential interactions: Antihypertensives, cardiac glycosides, corticosteroids, digoxin, NSAIDs, phenylpropanolamine, pseudoephedrine, reserpine[14, 28, 134].

Dose: Depends in the alkaloids content in the form used. Ephedra is administered as a comminuted herb, as well as other galenic preparations for internal use[28].

¶¶ Ephedra has become liable to abuse as a stimulant and slimming aid. The US FDA banned all the dietary supplements containing ephedrine alkaloids[28].

EUCALYPTUS

Eucalyptus globulus

Family: Myrtaceae
Medicinal Parts: Oil extracted from fresh leaves and branch tips; dried leaves.

Indications:
Principal: Infections of the upper respiratory tract including common cold, catarrh, bronchitis, sore throat, sinusitis, asthma[5, 8, 9, 19, 28].
Major: Rheumatism, wounds, burns, ulcers (topically)[5, 19, 28].
Minor: Insect repellant[5, 28].

Cautions: Eucalyptus may interfere with hypoglycaemic control in diabetics[28].

Contraindications: Eucalyptus oil: should not be administered internally to children, people with inflammatory GI tract disease or impaired liver function or during pregnancy[19]; should not be applied to the face, especially of infants and young children because of the risk of bronchospasm and irritation[28].

Side-effects: GI upset[19] (nausea, vomiting), burning epigastric pain, esophagitis,diarrhoea may occur occasionaly[28]; urticaria, contact dermatitis, skin irritation with topical application[5].

Drug interactions: CNS depressants, drugs metabolized by CYP 450, hypoglycaemic agents[5, 28].

Dose: *Internal*: Dried leaf in infusion, 4-6 gm daily, average single dose 2g; Tincture (1:5 in 45% ethanol), 5-20 ml daily[19].

Alito Fresco e Balsamico (Sella)
Spray; Eucalyptus, aniseed, lemon, common sage, thyme.
Local Distributor: Premier HealthCare

Altacura® Broncotuss (Alta Care) see Meadowsweet

Ivy-Thyme Complex (A.Vogel) see Thyme

Jointace Gel (Vitabiotics) see Ginger

Jointace Patch (Vitabiotics) see Ginger

Mucovit® Sciroppo Adulti (Erba Vita) see Grindelia

Mucovit® Sciroppo Bambini (Erba Vita) see Grindelia

Natural Herbal Inhalant Oil (Numark)
Oil; Eucalyptus leaf oil, peppermint oil, cajuput oil, juniper berry oil, clove oil.
Local Distributor: Premier HealthCare

Neem Cream (A.Vogel) see Neem

Neem Oil (A.Vogel) see Neem

Neuralta® Migren (Alta Care) see Peppermint

Pectovit® (Erba Vita) see Grindelia

Potter's Decongestant Pastilles (Potter's)
Pastilles; Eucalyptus oil 0.6%v/w, menthol 0.8% w/w.
Local Distributor: Kemimport Ltd.

Tea Tree & Witch Hazel Cream (Lanes)
see Witch Hazel

Vapour Rub (Numark)
Cream; *Eucalyptus globulus* leaf oil, turpentine, menthol.
Local Distributor: Premier HealthCare

EVENING PRIMROSE

Oenothera biennis

Family: Onagraceae
Medicinal Parts: Fixed oil from the seed.

Indications:
Internal
Principal: Atopic eczema[135], mastalgia[136, 5, 9, 28, 137].
Major: PMS, menopausal symptoms, perimenopausal hot flushes, ADHD in children, high cholesterol levels[138], chronic fatigue syndrome, diabetes[5, 9, 14, 28, 137].
Minor: Rheumatoid arthritis[139], hypertension, thrombosis, autoimmune disease such as multiple sclerosis, Raynaud's phenomenon[139, 5, 9, 19, 28].
Others: Asthma, whooping cough, GI disorders[5].
External
For the relief of dry or inflamed skin[137].

Contraindications: Patients with epilepsy[5, 28, 135].

Side-effects: Mild GI effects such as nausea, vomiting, diarrhoea, flatulence & bloating[5, 9, 28]; seizures in schizophrenic patients that were treated with EPO along with phenothiazine medications[28].

Drug interactions: Oral anticoagulants, antiplatelets, phenothiazines[5, 28, 137].

Dose***:
Atopic eczema: Adults 4-8 gm daily in divided doses; Pediatrics 2-4 gm daily in divided doses.
Mastalgia: 3-4 gm daily in divided doses[28].

Cardiosterol® Krill (Alta Care)
Capsules; Omega 3, gelatin, glycerol, EPO, water, astaxanthin.
Local Distributor: Ultra Pharma Ltd.

Cardiosterol® SLO (Alta Care)
Capsules; Omega 3, shark liver oil (20% alkylglycerols), EPO (71% omega 6 & omega 9).
Local Distributor: Ultra Pharma Ltd.

Chalet® Hair Stimulant (Alta Care) see Saw Palmetto

Ellegyn® Cysti (Alta Care) see Cranberry

Evening Primrose (HealthAid)
Cream, lotion; Sweet almond oil, evening primrose, rosemary oil, geranium oil.

*** Treatment with EPO may require up to 3 months duration before positive results are attained for all indications listed above[28].

Soap; EPO, lavender, ylang-ylang.
Local Distributor: Galea & Galea

Evening Primrose 500mg (Quest)
Capsules; EPO 500mg, providing 10% GLA.
Local Distributor: Pharma MT Ltd.

Evening Primrose 1000mg (Quest)
Capsules; EPO 1000mg, providing 10% GLA.
Local Distributor: Pharma MT Ltd.

Evening Primrose Oil (Arkopharma)
Capsules; Pure first cold pressed EPO 520mg.
Local Distributor: Pharmacos Ltd.

Evening Primrose Oil (HealthAid)
Oil; Pure EPO 1000mg (10% GLA).
Local Distributor: Galea & Galea

Evening Primrose Oil 500mg (HealthAid)
Capsules; EPO 500mg, which provides: GLA 50mg (min. GLA 10%), vitamin E 10mg.
Local Distributor: Galea & Galea

Evening Primrose Oil 500mg (Lamberts)
Capsules; EPO 500mg, vitamin E 10mg, GLA 45mg.
Local Distributor: Health Plus

Evening Primrose Oil 500mg (Numark)
Capsules; EPO 500mg of which GLA 43mg.
Local Distributor: Premier HealthCare

Evening Primrose Oil 500mg (Power Health)
Capsules; EPO 500mg.
Local Distributor: Kemimport Ltd.

Evening Primrose Oil 500mg (Solgar)
Softgels; EPO 500mg providing: linoleic acid 365mg, gamma linolenic acid (GLA) 50mg, oleic acid 35mg, palmitic acid 30mg, other fatty acids 20mg, vitamin E 9mg.
Local Distributor: Natural Remedies

Evening Primrose Oil 500mg High Strength (Vega)
Capsules; Evening primrose seed oil 500mg (providing GLA 9.5% 47.5mg), vitamin E 10mg.
Local Distributor: Alfred Gera & Sons Ltd.

Evening Primrose Oil 1000mg (HealthAid)
Capsules; EPO 1000mg, which provides: GLA 100mg (min. GLA 10%), vitamin E 20mg.
Local Distributor: Galea & Galea

Evening Primrose Oil 1000mg (Healthlife)
Capsules; EPO 1000mg of which GLA 80mg, vitamin E 10mg.
Local Distributor: Kemimport Ltd.

Evening Primrose Oil 1000mg (Lamberts)
Capsules; EPO 1000mg providing 84mg GLA, vitamin E 10mg.
Local Distributor: Health Plus

Evening Primrose Oil 1000mg (Numark)
Capsules; EPO 1000mg of which GLA 80mg.
Local Distributor: Premier HealthCare

Evening Primrose Oil 1000mg Extra High Strength (Vega)
Capsules; Evening primrose seed oil 1000mg (providing GLA 9.5% 95mg), vitamin E 10mg.
Local Distributor: Alfred Gera & Sons Ltd.

Evening Primrose Oil 1300mg (HealthAid)
Capsules; EPO 1300mg, vitamin E 13.4mg, which provides: cis-linoleic acid (73%) 949mg, GLA 130mg, oleic acid

(7.5%) 98mg, other fatty acids (10%) 130mg.
Local Distributor: Galea & Galea

Evening Primrose Oil Formula (Vega)
Capsules; Evening primrose seed oil powder 33% 250mg (min. 10% GLA), green tea leaf extract 30mg (min. 40% polyphenols), magnesium oxide 30mg, vitamin C (as calcium ascorbate) 30mg, vitamin E 20mg, niacin 18mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, vitamin B6 4mg, beta carotene 2.4mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, iodine 150mcg, selenium 100mcg, copper 50mcg, vitamin D2 5mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Evening Primrose Oil with Starflower Oil 1000mg (Lamberts)
Capsules; EPO and starflower oil 1000mg, GLA 120mg, vitamin E 10mg.
Local Distributor: Health Plus

Nicosolven® Astaxanthin (Alta Care)
Capsules; Omega 3 (449.5mg), gelatin (139.0mg), glycerol (53.9mg), EPO (50.0mg), water (9.65mg), astaxanthin (0.5mg).
Local Distributor: Ultra Pharma Ltd.

Omega 3 & 6 (Quest)
Capsules; EPO 500mg of which LA 280mg, GLA 80mg, fish oil concentrate 250mg.
Local Distributor: Pharma MT Ltd.

One A Day Pure Cod Liver Oil Plus Evening Primrose (Seven Seas)
Capsules; 650mg cod oil blend providing 200mg omega-3 nutrients of which 162mg EPA & DHA, 200mg EPO of which 15.2mg GLA, 5mcg vitamin D.
Local Distributor: Associated Drug Co. Ltd.

Organic Optimum Oil (FSC) see Flaxseed

Premenstrual Formula (Vega) see Oats

Pure Evening Primrose Oil (Efamol)
Capsules; Pure EPO 1000mg of which GLA 115mg, vitamin E 10mg.
Local Distributor: Vivian Corporation

Pure Evening Primrose Oil (Seven Seas)
Capsules; EPO 1000mg providing 74mg GLA, Vitamin E 6.7mg.
Local Distributor: Associated Drug Co. Ltd.

Royal 3 (HealthAid)
Capsules; EPO 500mg, Korean ginseng extract (5:1) 250mg, royal jelly (natural) 150mg.
Local Distributor: Galea & Galea

Wellwoman (Vitabiotics) see Starflower

EYEBRIGHT
Euphrasia officinalis

Family: Scrophulariaceae
Medicinal Parts: The flowering plant.

Indications:
Principal: Eye complaints including blepharitis, conjunctivitis, stye, eye fatigue symptoms, eye strain, oversensitivity to light, weeping eyes, functional eye disorders of muscular & nervous origin[9, 28].
Others: Cough, hoarseness[28].

Cautions/Contraindications: None known.

Side-effects: None known following the proper administration of designated therapeutic dosages.

Drug interactions: None known.

Dose:
Dried herb: 2-4 gm or by infusion 3 times daily.
Liquid extract: (1:1 in 25% alcohol) 2-4 ml 3 times daily.
Tincture: (1:5 in 45% alcohol) 2-6 ml 3 times daily[9].

Eyebright (HealthAid)
Liquid; Eyebright extract 1:3 (equiv. of 330mg of eyebright herb in 1ml).
Tablets; Eyebright extract powder (4:1) 138mg equiv. to 550mg of powder, raw eyebright powder 250mg.
Local Distributor: Galea & Galea

EyeVit (HealthAid)
Prolonged release tablets; Eyebright 120mg, alfalfa 50mg, rutin 25mg, L-glutamine 60mg, L-cysteine 25mg, bioflavenoids 30mg, vitamin A 751mcg, beta-carotene 3mg, vitamin D 2.5mcg, vitamin E 16.8mg, vitamin C 50mg, riboflavin 25mg, niacin 30mg, zinc 1.4mg, selenium 25mcg.
Local Distributor: Galea & Galea

Organic Aloe Vera (dr.organic®) see Aloe Vera

FENNEL
Foeniculum vulgare

Family: Umbelliferae
Medicinal Parts: Seeds, oil extracted from ripe fruit and dried ripe fruit.

Indications:
Internal
Principal: Dyspeptic complaints including flatulence, infantile colic, eructation, sluggish digestion, appetite suppressant, feeling of fullness[14, 19, 28, 140, 141].
Major: Cough, bronchitis, catarrh of the upper respiratory tract[14, 19, 28, 141].
Minor: Anorexia, amenorrhoea, dysmenorrhoea, to stimulate milk flow in nursing mothers[19].
External
Principal: Idiopathic hirsutism[142], conjunctivitis, blepharitis (as an eye wash), sore throat, pharyngitis (as a gargle)[19, 28].

Contraindications: Hypersensitivity to other plants of the Umbelliferae family, pregnancy, pediatrics[19, 28].

Side-effects: Cross sensitivity among patients with celery allergy[28], allergic reactions of the skin and respiratory tract[19].

Drug interactions: Ciprofloxacin[63, 143].

Dose: Daily dose: 5-7 gm drug; 10-20 gm fennel syrup or fennel honey,

or 5-7.5 gm of compound fennel tincture[19].

2-Day DetoxPlan (HealthAid) see Milk Thistle

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

Altadrine® Lipodrainer (Alta Care) see Nettle

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Candaway™ (Lamberts) see Cinnamon

Carbogas (Sella)
Tablets; Sweet fennel extract, angelica extract, stinging nettle extract.
Local Distributor: Premier Healthcare

CarbonFlor® (Erba Vita) see Aniseed

Colic Baby (Erba Vita) see Linden

Coloclear Extra (Higher Nature) see Flaxseed

Erbalax® Delicato Capsule (Erba Vita) see Rhubarb

Erbalax® Forte Compresse (Erba Vita) see Senna

Finocarbo Plus (Aboca)
Capsules; Fennel fruits phytocomplex 250mg, chamomile extract 135mg, charcoal 208mg, caraway fruit phytocomplex 110mg, cumin fruit phytocomplex 80mg, essential oils of fennel and mint 25mg.
Local Distributor: Pharma MT Ltd.

Jointace Gel (Vitabiotics) see Ginger

Jointace Patch (Vitabiotics) see Ginger

Karbofin Forte (ESI)
Capsules; Vegetable coal 150mg, fennel 30mg, chamomile 25mg, fennel oil extract 5mg, anise oil extract 5mg, mint oil extract 5mg.
Local Distributor: Collis Williams Ltd.

Sollievo (Aboca) see Senna

Vegilax® (HealthAid) see Blessed Thistle

FENUGREEK

Trigonella foenum-graecum

Family: Leguminosae-Fabaceae
Medicinal Parts: Ripe, dried seeds.

Indications:
Internal
Principal: Non-insulin dependent diabetes mellitus[144, 145], hypercholesterolaemia, hyperlipidaemia[146, 147, 5, 14, 19, 28].
Major: Digestive disorders (including constipation, dyspepsia & gastritis), gastric ulcers[148], loss of appetite[149] especially in convalescence[5, 9, 19, 28], to increase milk production[19, 150].
Minor: Upper respiratory catarrh[19, 150].
Others: Tuberculosis, menopausal symptoms[151].

External
Principal: Local inflammation, wounds, leg ulcers, eczema, burns, boils[5, 9, 19, 28].

Cautions: Monitor patients with thyrotoxicosis when using the herb at doses above usual dietary intake[5].

Contraindications: Pregnancy (except in small amounts as food flavouring)[5, 9, 19, 28], known allergy to the herb or to chickpeas because of possible cross-reactivity[5].

Side-effects: Mild GI symptoms such as diarrhoea & flatulence, rare allergic reactions[5, 19].

Drug interactions: Antidiabetic agents, anticoagulants, low molecular weight heparins, thrombolytic agents[28, 147].

Dose:
Internal: 6 gm of the drug or equivalent preparations.
External: 50 gm of powdered drug to 250 ml of water[19].

4.3.2.1 Shape Up Ultimate (Arkopharma)
Capsules; Fenugreek extract 100mg, grape extract 100mg, bean pod extract 80mg, green tea extract 60mg, maté extract 60mg, kola extract 60mg, green coffee extract 60mg, dandelion extract 50mg, artichoke extract 50mg, cinnamon extract 40mg.
Local Distributor: Pharmacos Ltd.

Cholestro-Vit Formula (Vega) see Garlic

Colestroforte™ (HealthAid)
Tablets; Fenugreek seed powder 100mg, gugulipid extract (3:1) 100mg, artichoke extract (3:1) 50mg, fermented red rice yeast 200mg, inositol hexanicotinate 125mg, pantethine 50mg, chromium 100mcg, L-taurine 50mg, oat bran fiber 10mg, soy isoflavone concentrate 100mg.
Local Distributor: Galea & Galea

Coloclear Extra (Higher Nature) see Flaxseed

Fenugreek (Arkopharma)
Capsules; Fenugreek seed powder 495mg.
Local Distributor: Pharmacos Ltd.

Fenugreek (HealthAid)
Capsules; Fenugreek seed powder 200mg, fenugreek seed extract 100mg (standardised for min 60% saponins).
Local Distributor: Galea & Galea

FootCare Cream (Himalaya)
Cream; Fenugreek, turmeric, sal tree, honey.
Local Distributor: Grefed Worldwide Trading

Testofen™ (Power Herbs)
Capsules; Fenugreek extract 300mg standardised to 50% fenuside.
Local Distributor: Kemimport Ltd.

FEVERFEW

Tanacetum parthenium

Family: Asteraceae/Compositae
Medicinal Parts: Leaf.

Indications:
Principal: Migraine prophylaxis[152, 153, 154], arthritis, rheumatic diseases[5, 9, 28, 45].
Major: Cough, colds, fever, allergies[5, 28].
Others: Tinnitus, vertigo, toothache, insect bites, asthma, menstrual disorders, difficulty during labor[5, 28, 154].

Cautions: Patients on platelet aggregation inhibitors such as aspirin and dipyridamole[28].

Contraindications: Pregnancy, breastfeeding, children under 2 years of age, hypersensitivity to plants in the Asteraceae family[5, 28, 45].

Side-effects: Mouth ulcers, GI symptoms, allergic dermatitis, lip swelling, glossitis[5, 28, 45].

Drug interactions: Anticoagulants, thrombolytic agents, antiplatelet agents, NSAIDs[5, 28].

Dose: Daily dose: dried herb, 50-200 mg (normally in tablets or capsules); tincture (1:5, 25% ethanol), 5-20 drops[45].

Feverfew (HealthAid)
Liquid; Feverfew extract 1:3 (equiv. of 330mg of feverfew herb in 1ml).
Tablets; Feverfew powder 250mg (standardised for min 0.2% parthenolide).
Local Distributor: Galea & Galea

Feverfew Herbal Complex (Vega)
Capsules; Feverfew leaf powder 240mg, feverfew leaf extract (4:1) 190mg (min. 2.5% parthenolides) equiv. to 1000mg feverfew leaf herb.
Local Distributor: Alfred Gera & Sons Ltd.

FLAXSEED

Linum usitatissimum

Family: Linaceae
Medicinal Parts: Oil extracted from the seeds†††.

Indications:
Principal: Reduce mortality in coronary heart disease, hypercholesterolaemia[5, 9, 28, 155, 156, 157, 158], arthritis.
Major: Insulin sensitivity/metabolic syndrome[156]; Sjogren's syndrome[159]; breast[160], colon, & prostate cancer[5, 9, 28, 158].
Minor: Bronchitis, coughs, constipation, irritable colon, diverticulitis, burns (applied externally)[9, 28].

††† The oil should be kept out of direct light and in refrigeration to preserve it; should never be heated as it becomes mutagenic[28].

Others: Colons damaged by laxative abuse, gastritis, enteritis, mild rectal inflammation[9, 28].

Cautions: Overweight people (should only use the whole seeds) due to the considerable caloric content of the fixed oil[28].

Contraindications: Hypersensitivity to other members of the family Compositae, pregnancy, intestinal obstruction, stricture of the oesophagus and in the GI area, acute inflammatory illness of the intestine, oesophagus and stomach entrance[5, 9, 28].

Side-effects: Loose stools rarely[5].

Drug interactions: May delay the absorption of other drugs taken simultaneously (flaxseed contains mucilage & cellulose)[28], anticoagulants, antiplatelets[158].

Dose:
Lower cholesterol: 35-50 gm daily of the crushed seed as a fiber supplement.
Decrease platelet aggregation: 1 to 2 tablespoonfuls flaxseed oil daily.
Constipation: 1 dessertspoon of whole or bruised (not ground) seed with at least 150 ml of liquid 2 to 3 times daily.
Topical: 30-50 gm flaxseed flour for a hot moist cataplasm or compress[28].

Active Women's Multivitamins & Minerals (Vega) see Siberian Ginseng

AntiStress (Erba Vita) see Maca

Bromelain Complex (Vega) see Aloe Vera

Coloclear Extra (Higher Nature)
Capsules; High lignan flax 900mg, fennel seed 150mg, fenugreek seed 150mg, liquorice root 90mg, cloves 60mg, aloe vera 30mg, lactobacillus sporogenes 18 million viable organisms.
Local Distributor: Health Plus

Flax Seed Oil 1000mg (HealthAid)
Capsules; Flax seed oil 1000mg, vitamin E 2mg.
Local Distributor: Galea & Galea

Flax Seed Oil 1000mg (Lamberts)
Capsules; Flax seed oil 1000mg, alpha-linolenic acid 500mg, linoleic acid 122mg.
Local Distributor: Health Plus

Flax Seed Oil 1000mg (Power Health)
Capsules; Flax seed oil 1000mg of which alpha linolenic acid 484mg, vitamin E 10mg.
Local Distributor: Kemimport Ltd.

Linoforce® (A.Vogel)
Granules; 100g typically contains: Linseed 43.03g, senna leaves 12.91g, alder buckthorn 1.07g, crystallised sucrose 12.05g, vanilla 0.02g, ginger essence 0.02g, excipients to 100g.
Local Distributor: Health Plus

Menopace® Plus (Vitabiotics) see Sage

Menovital® (HealthAid) see Dong Quai

Omega Excellence Flax Seed Oil 1000mg (Higher Nature)
Capsules; Alpha-linolenic acid (omega 3 EFA) 329mg, linoleic acid (omega 6 EFA) 103mg, oleic acid (omega 9 FA) 103mg‡‡‡.

‡‡‡ Flax Seed Oil is rich in omega 3 EFA & alpha-linolenic acid. It also provides the omega 6 EFA linoleic acid & oleic acid, and the omega 9 monounsaturated FA.

Oil; 5ml provides: alpha-linolenic acid 2890mg, linoleic acid 585mg, monounsaturates 720mg.
Local Distributor: Health Plus

Organic Flax Oil (Arkopharma)
Capsules; Organic flax seed oil 500mg.
Local Distributor: Pharmacos Ltd.

Organic Optimum Oil (FSC)
Capsules; Omega 3, 6 and 9 essential fatty acids in the ratio 2:1:1 by blending certified organic flaxseed, sunflower, evening primrose and sesame seed oils.
Local Distributor: Kemimport Ltd.

Tri-Omega EFA (Sci-MX)
Capsules; Flaxseed oil, EPO, blackcurrant oil, cold water fish omega-3 oil, vitamin E.
Local Distributor: Ruth & Marcel Degabriele

wellKiD® Smart Chewable (Vitabiotics)
Tablets; Flaxseed oil powder (providing 20% omega-3 fatty acids) 114mg, vitamin A 400mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 40mg, vitamin B1 0.9mg, vitamin B2 0.8mg, vitamin B3 9mg, vitamin B6 0.7mg, folic acid 200mcg, vitamin B12 3mcg, biotin 25mcg, pantothenic acid 4mg, magnesium 75mg, iron 7mg, zinc 7.5mg, copper 100mcg, manganese 0.2mg, selenium 20mcg, chromium 10mcg, iodine 75mcg.
Local Distributor: Kemimport Ltd.

GAMBOGE
Garcinia hanburyi

Family: Guttiferae
Medicinal Parts: Resin extracted from the plant.

Indications: Digestive disorders, particularly constipation[28, 161].

Contraindications: Pregnancy, breastfeeding, stomach pain, ulcers or obstruction, Crohn's disease, ulcerative colitis, appendicitis[161].

Side-effects: Abdominal pain, vomiting[28, 161].

Drug interactions: Digoxin, warfarin, diuretics, stimulant laxatives, corticosteroids[161].

Dose: The appropriate dose of gamboge depends on several factors such as the user's age, health, and several other conditions. There is not enough scientific information to determine an appropriate range of doses for gamboge[28, 161].

GARLIC

Allium sativum

Family: Liliaceae
Medicinal Parts: Whole fresh bulb, dried bulb, oil of garlic.

Indications:
Principal: Hypertension, hypercholesterolaemia, arteriosclerosis & atherosclerosis, diabetes with hyperlipidaemia, peripheral arterial occlusive disease[5, 8, 9, 28, 45, 162, 163, 164, 167].
Major: Infections including tinea pedis, tinea corporis, tinea cruris, vaginitis, *Helicobacter pylori* infection[165], common cold prevention[166], colorectal cancer[162, 5, 28, 167].
Minor: Respiratory infections and catarrhal conditions, whooping cough, bronchitis, GI ailments particularly digestive disorders with flatulence and GI spasms[5, 28, 45].
Others: Menstrual pains, corns, calluses, otitis, muscle pain, neuralgia, arthritis, sciatica[28, 45].

Cautions/Contraindications:
Garlic may increase risk of bleeding and should be discontinued at least 10 days before elective surgery, breastfeeding[5, 8, 28].

Side-effects: Breath & body odour[8], allergic reaction, nausea, heartburn, flatulence, abdominal pain, diarrhea[5, 9, 28].

Drug interactions: Anticoagulants particularly warfarin, antiplatelets, ACE inhibitors, alcohol, chlorzoxazone, isoniazid, protease inhibitors, saquinavir[5, 14, 28, 167].

Dose: Average daily dose: 4 gm of garlic or 8 gm of essential oil. One fresh garlic clove, 1 to 2 times daily[28].

Active Mature 50+ (Vega) see Aloe Vera

Arthur's Formula Ltd (Power Health) see Devil's Claw

Cardiohealth Formula (Vega)
Capsules; Deodorised garlic clove extract 10:1 equiv. to herb 500mg (min. 0.5% allicin content), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), vitamin C 60mg, vitamin E 40mg, L-taurine 25mg, pantothenic acid 12mg, cayenne fruit powder 12mg, chinese red yeast 10mg, grape seed extract 10mg (min. 95% polyphenols), N,N-dimethylglycine 10mg, soy isoflavones concentrate 10mg, niacin 9mg, vitamin B6 8mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B2 2.8mg, vitamin B1 2.8mg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, pine bark extract 2mg (min. 70% proanthocyanadins), folate 800mcg, manganese 0.5mcg, selenium 200mcg, copper 100mcg, vitamin B12 4mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Cardiosterol® Garlic + Co. Q10 (Alta Care)
Capsules; Garlic oily macerate 501mg, gelatin 82.1mg, water 13.9mg, ubidecarenone 10.3mg.
Local Distributor: Ultra Pharma Ltd.

Cholestro-Vit Formula (Vega)
Capsules; Deodorised garlic clove extract 10:1 equiv. to herb 500mg (min. 0.5% allicin content), oat bran 100mg, chinese red yeast 50mg, fenugreek seed extract 4:1 equiv to herb 50mg, soya lecithin powder 25mg, vitamin C 60mg, choline bitartrate 25mg, inositol 25mg, L-methionine 25mg, pantothenic acid 12mg, niacin 9mg, vitamin B6 8mg, zinc 7.5mg, iron 7mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 4mcg, manganese 0.5mg, folate 800mcg, selenium 200mcg, copper 100mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Cranberry Plus Formula (Vega) see Cranberry

Garlic (Wassen)
Tablets; Garlic granules 320mg which typically provides 1600mcg of allicin (equiv. to 960mg of fresh garlic).
Local Distributor: Pharmacos Ltd.

Garlic Extra High Strength (Deodorised) (Vega)
Capsules; Deodorised garlic standardised clove extract (10:1) 150mg (min. allicin content 750mcg) providing fresh garlic bulb 1500mg, Vega Phytoantioxidant Base™ 260mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 416mg, prebiotic acacia gum 208mg.
Local Distributor: Alfred Gera & Sons Ltd.

Garlic Max 4000 (HealthAid)
Capsules; 40mg pure garlic extract.
Local Distributor: Galea & Galea

Garlic Oil (Solgar)
Softgels; Garlic oil concentrate 1mg from approx 500mg fresh garlic bulbs in a natural base of safflower oil.
Local Distributor: Natural Remedies

Hawthorn Compound (Power Herbs) see Buckwheat

HeartMax™ (HealthAid) see Grapeseed

Hi-Garlic Perles Odourless (Power Health)
Capsules; Deodorised garlic oil 2mg.
Local Distributor: Kemimport Ltd.

Kyolic Garlic 1000 (Quest)
Tablets; Aged garlic extract 1000mg.
Local Distributor: Pharma MT Ltd.

Multigluco Tolerance Factor (Vega) see Ginkgo

Odourless Garlic (Healthlife)
Capsules; Odourless garlic powder 2mg.
Local Distributor: Kemimport Ltd.

Odourless Garlic (NutraHealth)
Capsules; Odourless garlic oil 2mg.
Local Distributor: Collis Williams Ltd.

Odourless Garlic Gems (FSC)
Capsules; Odourless garlic 2mg.
Local Distributor: Kemimport Ltd.

Odourless Garlic Pearls (Numark)
Capsules; Garlic oil 2mg.
Local Distributor: Premier HealthCare

One A Day Pure Cod Liver Oil Plus Garlic (Seven Seas)
Capsules; 800mg cod liver oil blend providing 160mg omega-3 nutrients of which 120mg EPA & DHA, 6mg garlic extract, 5mcg vitamin D.
Local Distributor: Associated Drug Co. Ltd.

Super Strength Supergar 8000 (Higher Nature)
Tablets; 500mg extra high allicin garlic (providing 8000ppm allicin, 20,000ppm alliin and 8500ppm thiosulfinates).
Local Distributor: Health Plus

Swiss Garlic (A.Vogel)
Capsules; 270mg rapeseed oil extract of fresh garlic, equiv. to 270mg of fresh garlic.
Local Distributor: Health Plus

Triple G - Ginseng, Ginkgo, Garlic
(Power Health) see Ginseng Korean

Wellman (Vitabiotics) see Siberian Ginseng

Whole Bulb Garlic (FSC)
Capsules; Dried garlic 300mg equiv. to fresh garlic 1070mg.
Local Distributor: Kemimport Ltd.

GENTIAN
Gentiana lutea

Family: Gentianaceae
Medicinal Parts: Root and rhizome.

Indications:
Principal: Dyspepsia, flatulence[5, 9, 28, 45].
Major: Loss of appetite[5, 9, 28, 45].
Others: Anorexia, GI atony[9, 45].

Cautions: Pregnancy[5].

Contraindications: Stomach or duodenal ulcers[5, 9, 28, 45].

Side-effects: Headache[5, 9, 28, 45], nausea & vomiting with high doses[5].

Drug interactions: None known.

Dose: Average daily dose: 1 gm of the drug; daily dose: 2-4 gm. Average daily dose of tincture: 1-4 ml 3 times daily. Liquid extract: 2-4 gm; root 2-4 gm[28].

Kalms (Lanes) see Valerian

GERANIUM
see Cranesbill

GINGER
Zingiber officinale

Family: Zingiberaceae
Medicinal Parts: Rhizome.

Indications:
Principal: Sore throat, upper respiratory tract infections, motion sickness, morning sickness in pregnancy[168, 169, 170], postoperative nausea[171], chemotherapy-induced nausea[172, 173].
Major: Dyspeptic complaints, osteoarthritis, rheumatoid arthritis[174], migraine[175], anorexia[5, 28, 45, 177].
Minor: Colds, shortness of breath[28].

Others: Primary dysmenorrhoea[176], mastitis (externally)[5].

Cautions: Gastric ulcers or reflux, gallstones, children under 6 years, pregnancy. Suspend use of high dose supplements (>10g) 1 week before major surgery[5].

Side-effects: Gastric irritation, heartburn, bloating, contact dermatitis with topical use[5].

Drug interactions: Anticoagulants (warfarin), antiplatelets, thrombolytic agents, nifedipine[5, 28, 177].

Dose:
Liquid extract (1:2): 0.7-2.0 ml/day.
Dried root: 1-3 gm daily in divided doses or 1-2 gm taken as a single dose for nausea and vomiting.
Infusion: 4-6 slices of fresh ginger steeped in boiling water for 30 minutes[5].

Allergforte™ (HealthAid) see Nettle

Altasterol® Stimulant (Alta Care)
Ampoules; Hydroglycerin extracts of: ginger extract, wild yam extract, red vine leaf extract, fructose, guarana powder, acerola extract, vanilla flavour, ginseng root, vitamin C, cinnamon essential oil, black pepper essential oil.
Local Distributor: Ultra Pharma Ltd.

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Femmevit® (HealthAid) see Starflower

Gastro-Vit Formula (Vega) see Aloe Vera

Ginger (Arkopharma)
Capsules; Ginger root powder 365mg.
Local Distributor: Pharmacos Ltd.

Ginger (Lamberts)
Capsules; Ginger root 14,400mg (provided by 120mg of a 120:1 extract).
Local Distributor: Health Plus

Ginger (Quest)
Tablets; Ginger root extract 250mg, providing gingerols & essential oils.
Local Distributor: Pharma MT Ltd.

Ginger Root (HealthAid)
Liquid; Ginger root 1:3 (equiv. of 330mg of ginger root herb in 1ml).
Local Distributor: Galea & Galea

Ginger Root Extract (HealthAid)
Tablets; Standardised ginger root extract (4:1) 138mg (standardised to contain at least 5% ginerols extract) equiv. to 550mg of ginger root powder.
Local Distributor: Galea & Galea

Ginger Root (Zingiber officinale) 280mg (Power Herbs)
Capsules; Ground ginger root 280mg.
Local Distributor: Kemimport Ltd.

Herbal Booster™ (HealthAid) see Guarana

Jointace Chondroitin (Vitabiotics)
Tablets; Ginger root extract equiv. to 40mg, glucosamine sulphate 500mg, chondroitin sulphate 200mg, vitamin D3 5mcg, vitamin E 20mg, vitamin C 30mg, folic acid 200mcg, vitamin B12 10mcg, zinc 5mg, manganese 2mg, copper 0.5mg, selenium 60mcg.
Local Distributor: Kemimport Ltd.

Jointace Collagen (Vitabiotics)
Tablets; Ginger root extract equiv. to 40mg, glucosamine sulphate 500mg, chondroitin sulphate 50mg, vitamin D3

5mcg, vitamin E 20mg, vitamin C 30mg, folic acid 200mcg, vitamin B12 10mcg, zinc 5mg, manganese 2mg, copper 0.5mg, selenium 60mcg, collagen 150mg.
Local Distributor: Kemimport Ltd.

Jointace Fizz (Vitabiotics)
Effervescent tablets; Glucosamine sulphate 500mg, chondroitin 100mg, vitamin C 60mg, magnesium 50mg, ginger extract 40mg.
Local Distributor: Kemimport Ltd.

Jointace Gel (Vitabiotics)
Gel; Ginger oil, eucalyptus oil, sweet orange oil, clove oil, lavender oil, fennel oil, menthol, glucosamine sulphate, chondroitin sulphate.
Local Distributor: Kemimport Ltd.

Jointace Patch (Vitabiotics)
Patches; Ginger oil, eucalyptus oil, sweet orange oil, clove oil, lavender oil, fennel oil, menthol, glucosamine sulphate, chondroitin sulphate.
Local Distributor: Kemimport Ltd.

JointCare Sport (HealthAid) see Ginseng Korean

JointWise (Vega)
Syrup; Glucosamine hydrochloride 500mg, chondroitin sulphate 100mg, omega-3 fish oil 700mg (providing EPA 170mg, DHA 115mg), cod liver oil 300mg (providing EPA 20mg, DHA 30mg), vitamin A 400mcg, vitamin D 5mcg, vitamin E 10mg, ginger extract 3.5mg, pineapple juice concentrate 1466mg, orange juice concentrate 353mg, medium chain triglycerides 0.2mg.
Local Distributor: Alfred Gera & Sons Ltd.

MSM Glucosamine Joint Complex (Higher Nature) see Celery

No-Gas® enzimi (Giuliani)
Tablets; Passionflower, German chamomile, ginger.
Local Distributor: Collis Williams Ltd.

SiberSlim™ (HealthAid) see Siberian Ginseng

Slim-Rite (HealthAid) see Alfalfa

VeinTain® (Lamberts)
Capsules; Ginger 3600mg, ginkgo biloba 3000mg (providing 14.4mg flavonglycosides), cinnamon bark 1500mg.
Local Distributor: Health Plus

V-Vein™ (HealthAid) see Horse Chestnut

GINKGO
Ginkgo biloba

Family: Ginkgoaceae
Medicinal Parts: Leaf, seeds separated from the fleshy outer layer.

Indications:
Principal: Mild to moderate dementia of the Alzheimer type[178], memory loss[5, 9, 14, 19, 28, 179].
Major: Acute ischaemic stroke[180], generalized anxiety disorder[181], peripheral vascular disease including intermittent claudication & Raynaud's syndrome[5, 28, 179, 182].
Minor: Vertigo, tinnitus, sudden deafness[5, 183].
Others: Macular degeneration,

glaucoma, retinopathy, prevention of altitude sickness, PMS, asthma, sexual dysfunction, cancer prevention[5].

Cautions: If unusual bleeding or bruising occurs stop use immediately, history of convulsive disorders, suspend use for 1 week prior to major surgery[5, 28].

Contraindications: Hypersensitivity to the herb or any of its constituents[28], pregnancy[5].

Side-effects: GI upset, headache, dizziness[5, 9, 28].

Drug interactions: Aminoglycosides, antiplatelets, antiepileptics, benzodiazepines, calcium-channel blockers, ciclosporin, cisplatin, doxorubicin, haloperidol, insulin, NSAIDs, phenobarbital, propranolol, protease inhibitors, proton pump inhibitors, risperidone, St. John's Wort, theophylline, tolbutamide, trazodone, valerian, warfarin and related drugs[5, 28, 179].

Dose:
Asthma: 40 mg three times daily.
Dementia & memory impairment: 120-240 mg standardised extract daily in divided doses.
Intermittent claudication, vertigo: 120-320 mg standardised extract daily in divided doses.
Normal tension glaucoma: 120 mg standardised extract daily[5].

Active Mature 50+ (Vega) see Aloe Vera

Brain Fuel Formula (Vega)
Capsules; *Ginkgo biloba* leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), siberian ginseng root extract (10:1) 100mg (min 0.8% eleutherosides), vitamin C 60mg, choline bitartrate 50mg, inositol 50mg, L-glutamic acid 50mg, L-glutamine 50mg, L-phenylalanine 50mg, L-tyrosine 50mg, niacin 36mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, acetyl L-carnitine 5mg, alpha lipoic acid 5mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 2mcg, folate 400mcg, manganese 0.25 mg, selenium 100mcg, copper 50mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Brainvit® (HealthAid) see Brahmi

Cellulite Formula (Vega)
Capsules; *Ginkgo biloba* leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), kelp seaweed powder 60mg (providing min. 0.1% iodine), acetyl L-carnitine 60mg, potassium 60mg, vitamin C 60mg, choline bitartrate 30mg, inositol 30mg, niacin 18mg, L-arginine 10mg, L-lysine 10mg, L-methionine 10mg, L-tyrosine 10mg, PABA 10mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mcg, manganese 0.25mg, folate 200mcg, biotin 150mcg, selenium 100mcg, copper 50mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Centrum Performance (Centrum)
Tablets; Vitamin A 800mcg, vitamin D 5mcg, vitamin E 26.8mg, vitamin C 120mg, vitamin B1 4.2mg, vitamin B2

4.8mg, vitamin B6 6mg, vitamin B12 18mcg, folic acid 400mcg, niacin 36mg, biotin 40mcg, panthothenic acid 10mg, vitamin K 25mcg, calcium 100mg, phosphorus 48mg, iron 14mg, magnesium 45mg, zinc 7.5mg, iodine 150mcg, copper 700mcg, manganese 4mg, potassium 80mg, chloride 72mg, chromium 120mcg, molybdenum 75mcg, selenium 70mcg, ginkgo biloba extract 60mg, ginseng extract 50mg.
Local Distributor: Vivian Corporation

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Efalex (Efamol)
Capsules, liquid; Fish oil (of which omega-3 nutrients, DHA, EPA), ginkgo biloba standardised leaf extract (providing 24% ginkgoflavone bilobalides), phosphatidlyserine, vitamin E, folic acid, vitamin B12.
Local Distributor: Vivian Corporation

Efalex Active 50+ (Efamol)
Capsules; Fish oil (of which omega-3 nutrients, DHA, EPA), ginkgo biloba standardised leaf extract (providing 24% ginkgoflavone glycosides, 8% gingkolide and bilobalides), phosphatidlyserine, vitamin E, folic acid, vitamin B12.
Local Distributor: Vivian Corporation

Gericaps® Active (HealthAid) see Ginseng Korean

Gincosan (Pharmaton)
Capsules; Standardised ginkgo biloba extract, standardised *Panax Ginseng* extract.
Local Distributor: Vivian Corporation

Ginkgo (Arkopharma)
Capsules; Ginkgo leaf powder 250mg.
Local Distributor: Pharmacos Ltd.

Ginkgo 6000mg (Lamberts)
Tablets; Ginkgo biloba leaves 6000mg (provided by 120mg of a 50:1 extract), flavonglycosides 28.8mg, ginkgolides A, B and C and bilobalide 7.2mg.
Local Distributor: Health Plus

Ginkgo Biloba (A.Vogel)
Liquid; Tinctures of fresh ginkgo biloba leaves, extract in alcohol (66% v/v).
Local Distributor: Health Plus

Ginkgo Biloba (HealthAid)
Liquid; Ginkgo biloba extract 1:4 (equiv. of 250mg of ginkgo biloba herb) in 1ml.
Local Distributor: Galea & Galea

Ginkgo Biloba (NatraHealth)
Tablets; Ginkgo biloba standardised extract equiv. to 6000mg, providing 28.8mg ginkgo flavonglycosides, 7.2mg terpene lactones.
Local Distributor: Collis Williams Ltd.

Ginkgo Biloba (Quest)
Tablets; Ginkgo biloba leaf extract 150mg, providing ginkgo flavonglycosides 36mg, ginkgolides A, B & C 4.5mg, bilobalide 3.8mg.
Local Distributor: Pharma MT Ltd.

Ginkgo Biloba 500mg (FSC)
Tablets; Ginkgo biloba leaf extract equiv. to dried herb powder 250mg, ginkgo biloba dried herb powder 250mg.
Local Distributor: Kemimport Ltd.

Ginkgo Biloba Herbal Complex (Vega)
Capsules; Ginkgo biloba leaf powder 400mg, ginkgo biloba leaf extract (50:1) 60mg (min. 24% ginkgoflavonglycosides & 6% terpene lactones).
Local Distributor: Alfred Gera & Sons Ltd.

Ginkgo Biloba Leaf 180mg (Power Herbs)
Capsules; Ginkgo biloba leaf powder 180mg.
Local Distributor: Kemimport Ltd.

Ginkgo Biloba Leaf Extract (Solgar)
Vegicaps; Standardised ginkgo biloba leaf

powdered extract 90mg (providing 21.6mg [24%] ginkgoflavoglycosides, 5.4mg [6%] terpene lactones), raw ginkgo biloba leaf powder 45mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

GinkoVital™ (HealthAid)
Capsules; Ginkgo biloba (50:1) extract 100mg (equiv. to 5000mg of ginkgo biloba powder) standardised to 24% flavones glycosides & 6% terpine lactones.
Local Distributor: Galea & Galea

Ginkgo Vital 3™ (HealthAid) see Siberian Ginseng

Goldcare 50+ (Vitabiotics)
Capsules; Ginkgo biloba extract 10mg, vitamin D 10mcg, vitamin E 20mg, vitamin C 80mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 20mg, folic acid 500mcg, vitamin B12 20mcg, pantothenic acid 10mg, iron 6mg, magnesium 75mg, zinc 15mg, iodine 130mcg, manganese 2mg, copper 1mg, boron 1mg, chromium 100mcg, selenium 150mcg, citrus bioflavonoids 16mg, natural mixed carotenoids 3mg.
Local Distributor: Kemimport Ltd.

HaemoVit Liquid Gold™ (HealthAid) see Sarsaparilla

Hematinic Blood Co-Factors (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), Vega Phytoantioxidant Base™ 100mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1 equiv. to herb 160mg, prebiotic acacia gum 80mg, citrus bioflavonoids 60mg, vitamin C 60mg, niacin 54mg, pantothenic acid 18mg, zinc 15mg, iron 14mg, vitamin B6 6mg, vitamin B2 4.8mg, vitamin B1 4.2mg, folate 600mcg, manganese 0.5mg, selenium 200mcg, copper 100mcg, vitamin K 100mcg, vitamin B12 10mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Mega Potency Ginkgo 6000 (Higher Nature)
Tablets; 120mg ginkgo biloba guaranteed standardised extract 50:1 providing minimum: 24% ginkgo flavones glycosides, 6% terpene lactones (ginkgolides A, B, C & bilobalides).
Local Distributor: Health Plus

Memory Plus Formula (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bacopa leaf extract 150mg (min. 20% bacosides), soy lecithin powder 67mg, choline bitartrate 50mg, inositol 50mg, niacin 36mg, acetyl L-carnitine 30mg, alpha lipoic acid 30mg, L-glutamic acid 30mg, L-glutamine 30mg, L-tyrosine 30mg, pantothenic acid 12mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, folate 400mcg, manganese 0.25mg, selenium 100mcg, copper 50mcg, vitamin B12 2mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Multi Antioxidant Complex (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg, green tea leaf extract 20mg, grape seed extract 5mg, pine bark extract 2mg, broccoli floret extract 5mg, Vega phytoantioxidant Base™ 100mg providing apple & mixed wild berries concentrate 8:1 equiv. to herb 160mg, prebiotic acacia gum 80mg, bilberry fruit extract 4:1 equiv. to herb 80mg, vitamin C 60mg, niacin 36mg, citrus bioflavonoids 30mg, vitamin E 20mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, alpha lipoic

acid 2mg, L-glutathione 2mg, lycopene 7.5% 2mg, N,N-dimethylglycine 2mg, manganese 0.5mg, selenium 200mcg, copper 100mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Multigluco Tolerance Factor (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24%ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), deodorized garlic clove extract 10:1 equiv. to herb 100mg (min. 0.5% allicin content), java plum fruit extract 100mg (min. 2.5% bitter principles), vitamin C 60mg, taurine 50mg, niacin 18mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, L-glutathione 2mg, lutein esters 2mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.5mg, chromium 400mcg, folate 200mcg, selenium 200mcg, copper 100mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Neuroforte® (HealthAid)
Tablets; Ginkgo biloba extract (50:1) 20mg (equiv. to 1000mg of ginkgo biloba powder, contains min. 24% flavoglycosides), vitamin C 60mg, nicotinamide 18mg, vitamin B6 5mg, magnesium 100mg, lecithin 50mg, L-phenylalanine 100mg, L-tyrosine 100mg, L-glutamine 100mg, choline 50mg, inositol 50mg.
Local Distributor: Galea & Galea

Opticare Formula 20:20 (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 120mg (min. 20% anthocyanadins), grape seed extract 2mg (min. 95% polyphenols), citrus bioflavonoids 60mg, vitamin C 60mg, niacin 36mg, vitamin E 20mg, pantothenic acid 12mg, taurine 10mg, zinc 7.5mg, iron 7mg, beta carotene 4.8mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 2mcg, alpha lipoic acid 2mg, co-enzyme Q10 2mg, L-glutathione 2mg, lutein esters 2mg, lycopene 2mg, manganese 0.5mg, folate 400mcg, selenium 200mcg, copper 100mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Powerplus™ (HealthAid) see Siberian Ginseng

Refreshall® (Lamberts)
Tablets; Ginkgo biloba 3000mg, lemon balm 500mg, sage 500mg, rosemary 50mg.
Local Distributor: Health Plus

Sexovit® forte (HealthAid) see Ginseng Korean

Triple G - Ginseng, Ginkgo, Garlic (Power Health) see Ginseng Korean

Vein Support Formula (Vega)
Capsules; Ginkgo biloba leaf extract 50:1 equiv. to herb 500mg (min. 24% ginkgoflavonglycosides, 6% terpene lactones), bilberry fruit extract 4:1 equiv. to herb 100mg (min. 20% anthocyanadins), rutin bean extract 60mg, pine bark extract 2mg (min. 70% proanthocyanadins), citrus bioflavonoids 60mg, hesperidin 60mg, vitamin C 120mg, niacin 18mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 2mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.5mg, folate 200mcg, selenium 200mcg, copper 100mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

VeinTain® (Lamberts) see Ginger

Venalta® (Alta Care) see Grapeseed

V-Vein™ (HealthAid) see Horse Chestnut

GINSENG KOREAN

Panax ginseng

Family: Araliaceae
Medicinal Parts: Dried lateral roots.

Indications:
Principal: Physical or mental exhaustion, stress, fatigue[5, 9, 28, 45, 184].
Major: Hyperglycaemia[185], erectile dysfunction[186], menopausal symptoms, thrombotic & cardiovascular diseases[187], degenerative conditions associated with aging[5, 9, 184].
Minor: Cancer prevention[188, 189].
Others: Gastroprotection during heart surgery[5].

Cautions: Cardiovascular disease, diabetes, hyper and hypotensive disorders, with all steroid therapy[9, 28, 45].

Contraindications: Acute illness, haemorrhage, during the acute period of coronary thrombosis, pregnancy, use of other stimulants[5, 9, 45].

Side-effects: Insomnia, epistaxis, headache, nervousness, vomiting[5, 9, 28, 45].

Drug interactions: Albendazole, alcohol, antidiabetics, digoxin assays, guarana, MAOIs, tamoxifen and other oestrogen antagonists, warfarin and related drugs, zidovudine[5, 28, 184].

Dose§§§: Daily dose (taken in the morning): dried root, 0.6-2 gm or by decoction[45].

Altacura® Ginseng (Alta Care)
Ampoules; *Panax ginseng* root dry extract 1000mg, guarana powder extract 500mg, magnesium 75mg, orange flavour 50mg, vitamin B6 2mg, purified water.
Capsules; *Panax ginseng* root 400mg.
Local Distributor: Ultra Pharma Ltd.

Altacura® Infludrink (Alta Care) see Meadowsweet

Altasterol® Stimulant (Alta Care) see Ginger

Centrum Performance (Centrum) see Ginkgo

Day-vit® Active (HealthAid)
Tablets; Ginseng 50:1 extract 12mg (standardised to 25% ginsenosides) equiv. to 600mg *Panax ginseng* powder, CoQ10 5mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 150mcg, pantothenic acid 6mg, vitamin K 30mcg, calcium 100mg, phosphorus 50mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, copper 1000mcg, manganese 2mg, potassium 50mg, selenium 100mcg, chromium 40mcg, molybdenum 50mcg, chloride 45mg, L-lysine HCl 25mg, L-carnitine

§§§ *Panax ginseng* should not be taken continuously for periods exceeding 3 months; occasional use or courses of 1 month followed by a 2-month interval are recommended[45].

34mg, di-methionine 40mg, L-arginine HCI 40mg, choline bitartrate 50mg, inositol 50mg, lutein 2mg, silica 10mg.
Local Distributor: Galea & Galea

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Flodol® Artro (Alta Care) see Meadowsweet

Gentlemen's Three™ (HealthAid)
Capsules; Koregin® standardised Korean ginseng extract (5:1) 350mg, standardised muira puama extract (10:1) 240mg (bark & root), standardised saw palmetto fruit extract (10:1) 160mg, pumpkin seed oil 50mg, zinc 3.5mg.
Local Distributor: Galea & Galea

Gericaps® Active (HealthAid)
Capsules; Standardised *Panax ginseng* extract 120mg, ginkgo biloba extract 30mg, vitamin A 1.5mg, vitamin D 10mcg, vitamin E 10mg, vitamin C 60mg, thiamin 5mg, riboflavin 5mg, niacin 20mg, vitamin B5 5mg, vitamin B6 6mg, vitamin B12 3mcg, folic acid 500mcg, inositol 50mg, biotin 150mcg, di-methyl amino ethanol bitartrate 20mg, DL-methionine 30mg, choline bitartrate 50mg, calcium 75mg, phosphorus 58mg, iron 15mg, copper 2mg, potassium 2mg, iodine 300mcg, manganese 2.5mg, magnesium 10mg, zinc 4mg, selenium 50mcg.
Local Distributor: Galea & Galea

Gincosan (Pharmaton) see Ginkgo

Ginkgo Vital 3™ (HealthAid) see Siberian Ginseng

Ginsana (Pharmaton)
Capsules, syrup; Standardised *Panax ginseng* root extract.
Local Distributor: Vivian Corporation.

Ginseng Forte (Arkopharma)
Capsules; *Panax ginseng* root powder 310mg, *Panax ginseng* root extract 70mg, together providing 50mg ginsenosides, equiv. to 2000mg ginseng dried root.
Local Distributor: Pharmacos Ltd.

Ginseng Korean Herbal Complex (Vega)
Capsules; Ginseng korean (panax) root powder 300mg, ginseng korean (panax) root extract (5:1) 100mg (min. 20% ginsenosides) equiv. to 800mg ginseng korean root herb.
Local Distributor: Alfred Gera & Sons Ltd.

Herbal 3 (HealthAid) see Pumpkin

JointCare Sport (HealthAid)
Capsules; Korean ginseng extract 10mg, ginger extract 6mg, glucosamine sulphate 200mg, omega-3 nutrients 100mg, chondroitin sulphate 50mg, GLA 5mg, vitamin E 5mg, beta-carotene 2mg, calcium 135mg, iron 7mg, zinc 7.5mg, selenium 25mcg.
Local Distributor: Associated Drug Co. Ltd.

Korean Ginseng (HealthAid)
Liquid; Korean ginseng extract 1:3 (equiv. of 330mg of Korean ginseng herb) in 1ml.
Local Distributor: Galea & Galea

Korean Ginseng (NatraHealth)
Tablets; Korean ginseng extract.
Local Distributor: Collis Williams Ltd.

Korean Ginseng (Numark)
Tablets; Korean ginseng extract 60mg, equiv. to 6000mg herb.
Local Distributor: Premier HealthCare

Korean Ginseng 1200mg (Lamberts)
Tablets; Korean ginseng extract 1200mg (min. 20mg ginsenosides).
Local Distributor: Health Plus

Korean Ginseng 250mg (HealthAid)
Capsules; 250mg Korean ginseng powder.

Local Distributor: Galea & Galea

Korean Ginseng Extract (IL HWA)
Capsules, tea bags; Pure *Panax ginseng* extract.
Local Distributor: Tongil Trading Co. Ltd.

Korean Ginseng with Multivitamins & Minerals (Red Kooga)
Tablets; Korean ginseng root extract 37.5mg (equiv. to Korean ginseng root powder 300mg), vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, pantothenic acid 6mg, calcium 140mg, phosphorus 110mg, iron 14mg, zinc 15mg, iodine 150mcg, copper 500mcg, manganese 1mg, selenium 50mcg.
Local Distributor: George Borg Barthet Ltd.

Koregin® 3000 (HealthAid)
Capsules; Korean ginseng 5:1 extract 600mg, standardised to 8% ginsenosides, equiv. to 3000mg of ginseng root powder.
Local Distributor: Galea & Galea

Kwai® ACE (Kwai)
Tablets; Dried garlic 300mg, vitamin A 540mcg, vitamin C 80mg, vitamin E 20mg.
Local Distributor: Vivian Corporation

Kwai® One-A-Day (Kwai)
Tablets; Dried garlic 300mg.
Local Distributor: Vivian Corportation

Male Formula (HealthAid)
Tablets; 250mg korean ginseng extract 2:1 equiv. to 500mg powder, standardised 5% ginsenosides; 150mg ashwagandha extract, standardised to 1.5% withanolides, 1% alkaloids; 100mg velvet bean extract 4:1 equiv. to 400mg powder; 100mg muira puama extract 4:1 equiv. to 400mg powder; 100mg pumpkin extract 4:1 equiv. to 400mg powder; 100mg damiana extract 4:1 equiv. to 400mg powder; 100mg maca extract 5:1 equiv. to 500mg powder; 60mg pussy willow extract 4:1 equiv. to 240mg powder; 50mg cinnamon extract; 50mg kola nut extract 4:1 equiv. to 200mg powder; 50mg puncture vine extract; 25mg saw palmetto.
Local Distributor: Galea & Galea

Male Max™ (HealthAid)
Tablets; 250mg korean ginseng standardised extract 2:1, 150mg ashwagandha standardised extract, 100mg velvet bean extract 4:1, 100mg muira puama extract 4:1, 100mg guarana extract 4:1, 100mg pumpkin extract 4:1, 100mg damiana extract 4:1, 100mg cinnamon extract, 100mg maca extract 5:1, 60mg pussywillow extract 4:1, 50mg kola nut 4:1, 25mg puncture vine standardised extract, 25mg Saw Palmetto standardised.
Local Distributor: Galea & Galea

MegaMulti™ (HealthAid)
Prolonged release tablets; Ginseng 100mg, rutin 25mg, vitamin A 750mcg, vitamin D 6.25mcg, vitamin E 2mg, vitamin C 300mg, thiamin 50mg, riboflavin 65mg, niacin 75mg, vitamin B6 10mg, folacin 300mcg, vitamin B12 5mcg, biotin 0.08mg, pantothenic acid 60mg, calcium 50mg, iron 10mg, zinc 4mg, iodine 150mcg, choline 20mg, chromium 6mcg, copper 35mcg, inositol 40mg, manganese 0.10mg, para amino benzoic acid 30mg, selenium 10mcg, citrus bioflavonoids 30mg, L-lysine 60mg.
Local Distributor: Galea & Galea

MSM Glucosamine Joint Complex (Higher Nature) see Celery

Multibionta® Activate (Seven Seas)
Capsules; Ginseng extract 10mg (equiv. to ginseng root 40mg), schisandra fruit 7.5mg, vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg,

niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 0.15mg, pantothenic acid 6mg, calcium 90mg, phosphorus 38mg, iron 5mg, magnesium 45mg, zinc 5mg, iodine 100mcg, chloride 4.5mg, chromium 25mcg, manganese 0.4mg, molybdenum 25mcg, selenium 30mcg, potassium 5mg, coenzyme Q10 2mg.
Local Distributor: Associated Drug Co. Ltd.

Multibionta® Probiotic Multivitamin 50+ (Seven Seas)
Capsules; Ginseng extract 20mg (equiv. to 80mg ginseng root), bilberry extract 1mg (equiv. to 100mg fresh bilberry), vitamin A 800mcg, vitamin D 5mcg, vitamin E 10mg, vitamin C 60mg, thiamin 1.4mg, riboflavin 1.6mg, niacin 18mg, vitamin B6 2mg, folic acid 200mcg, vitamin B12 1mcg, biotin 0.15mg, pantothenic acid 6mg, calcium 90mg, phosphorus 38mg, iron 5mg, magnesium 45mg, zinc 5mg, iodine 100mcg, manganese 0.4mg, chromium 25mcg, molybdenum 25mcg, selenium 30mcg, chloride 4.5mg, potassium 5mg, lutein 100mcg.
Local Distributor: Associated Drug Co. Ltd.

Neovita® (Savoy Laboratories)
Capsules; Ginseng 100mg, vitamin A 2400IU, thiamin mononitrate 2.5mg, riboflavin 2.5mg, pyridoxine 1mg, calciferol 240IU, dl-alpha tocopheryl acetate 2mg, cyanocobalamin 4.9mcg, nicotinamide 20mg, calcium pantothenate 10mg, ascorbic acid 40mg, magnesium oxide 10mg, zinc oxide 5mg, magnesium sulphate 2mg, copper sulphate 2mg, ferrous sulphate 33mg, lecithin 9.5mg, calcium phosphate 100mg.
Syrup; Ginseng extract 17.5mg (equiv. to 87.5mg root), vitamin A 450IU, thiamin hydrochloride 625mcg, riboflavin 625mcg, pyridoxine 250mcg, cyanocobalamin 0.875mcg, ascorbic acid 4.2mg, sodium ascorbate 6.525mg, calciferol 45IU, nicotinamide 5mg, d-panthenol 1.25mg.
Local Distributor: Pharmacos Ltd.

Pharmaton® (Pharmaton)
Capsules; Standardised ginseng extract G115 (made from the roots of *Panax ginseng*) 40mg, vitamin A 2667IU, biotin 150mcg, thiamin 1.4mg, riboflavin 1.6mg, pyridoxine 2.0mg, cyanocobalamine 1mcg, ascorbic acid 60mg, cholecalciferol 200IU, dl-alpha tocopherol acetate 10mg, nicotinamide 18mg, folic acid 100mcg, iron 10mg, calcium 100mg, copper 2mg, magnesium, 10mg, zinc 1mg, selenium 50mcg, lecithin 100mg.
Local Distributor: Aldox Ltd.

Power Ginseng GX 2500+ (Power Health)
Capsules; Korean ginseng extract 100mg containing typically 30% ginsenosides.
Local Distributor: Kemimport Ltd.

Powerplus™ (HealthAid) see Siberian Ginseng

Revive (Kelkin) see Guarana

Royal 3 (HealthAid) see Evening Primrose

Sexovit® forte (HealthAid)
Tablets; 60mg Korean ginseng 10:1 extract (standardised to 20% ginsenosides) equiv. to 600mg powder, 50mg ginkgo biloba extract (standardised to 24% glycosides & 6% terpenoids), 100mg vitamin C, 67mg vitamin E, 15mg zinc, 200mcg selenium, 250mg L-arginine HCl, 50mg L-carnitine, 50mg L-methionine, 50mg L-phenylalanine.
Local Distributor: Galea & Galea

Triple G - Ginseng, Ginkgo, Garlic (Power Health)
Tablets; Pure korean ginseng powder 250mg, standardised 24% ginkgo biloba extract 60mg, pure garlic powder 2mg.
Local Distributor: Kemimport Ltd.

GOLDENSEAL

Hydrastis canadensis

Family: Ranunculaceae
Medicinal Parts: Root, rhizome.

Indications:
Internal
Principal: Digestive ailments including infectious diarrhoea, hypercholesterolaemia[190], CHF[5, 28, 45].
Minor: Menorrhagia, dysmenorrhoea, peptic ulcer, colds & fever, recurrent ear infections, vaginitis, urinary tract infections[5, 28].
External
Principal: To clean wounds, skin infections including ringworm & athlete's foot[5, 9, 28].
Major: Reduce haemorrhoids, soothe canker sores[5].
Others: Conjunctivitis, blepharitis[9].

Cautions: Not to be used as a douche due to potential for mucous membrane irritation[5, 28].

Contraindications: Kidney disease, pregnancy, lactation, hypertension, people with glucose-6-phosphate-dehydrogenase deficiency[5, 9, 28, 45].

Side-effects: Digestive disorders, mucous membrane irritation, constipation, excitatory states, hallucinations, occasionally deliria if taken over an extended period[5, 9, 28].

Drug interactions: Benzodiazepines, cytochrome P450 3A4-metabolized drugs, indinavir, paclitaxel, vitamin B[28, 191].

Dose: Three times daily: dried rhizome & root, 0.5-1 gm; tincture (1:10, 60% ethanol), 2-4 ml; liquid extract (1:1, 60% ethanol), 0.3-1 ml[5, 45].

Echinacea 1000mg & Goldenseal 2000mg (Lamberts) see Echinacea

Golden Seal (HealthAid)
Liquid; Golden seal extract 1:5 (equiv. of 200mg of golden seal herb) in 1ml.
Tablets; Golden seal root powder 315mg, standardised golden seal root extract 160mg.
Local Distributor: Galea & Galea

Healthy Mega (HealthAid) see Buckwheat

GOTU KOLA
Centella asiatica

Family: Apiaceae
Medicinal Parts: Leaf, stem.

Indications:
Principal: Skin scars, ulcers, burns[192] & wounds[193, 194], memory enhancement, neurodegenerative disorders[28, 195].
Major: Rheumatism, venous insufficiency circulatory disorders, anxiety, epilepsy[196, 197].
Minor: Prevention of cancer, diabetic microangiopathy, oedema, venous hypertension[197].
Others: Leprosy, eczema[197].

Cautions: Diabetes, hyperlipidaemia[28].

Contraindications: Pregnancy[28].

Side-effects: Skin irritation (when used topically), photosensitization, infertility[28].

Drug interactions: None known.

Dose: Daily dose: 0.6 gm of dried leaves or infusion taken 3 times daily; normal single dose is 0.33 to 0.68 gm[28].

Brainvit® (HealthAid) see Brahmi

Gotu Kola (HealthAid)
Liquid; Gotu Kola extract 1:3 (equiv. of 330mg of gotu kola herb) in 1ml.
Local Distributor: Galea & Galea

Herbal Booster™ (HealthAid) see Guarana

Organic Aloe Vera (dr.organic®) see Aloe Vera

Venalta® (Alta Care) see Grapeseed

GRAPESEED
Vitis vinifera

Family: Vitaceae
Medicinal Parts: Seeds, grape skins.

Indications:
Principal: Fluid retention, peripheral venous insufficiency, capillary resistance, diabetic retinopathy[5, 28, 198, 200].
Major: Eye strain, hyperlipidaemia, enhances dermal wound healing, aging skin, cancer[5, 198, 199, 200].
Minor: Pancreatitis, preventing reperfusion injury, reduces sun burn[5].
Others: Headache, dysuria, scabies, gonorrhoea, haemorrhoids, vomiting[28].

Cautions/Contraindications: None known.

Side-effects: Dry, itchy scalp, dizziness, headache, hypertension,

hives, indigestion, nausea[200].

Drug interactions: Warfarin & other anticoagulants[198], ascorbic acid, midazolam[201].

Dose:
To protect against free radical damage (oxidation): 25 - 150 mg of a standardised extract (40 - 80% proanthocyanidins or 95% OPC value), 1 - 3 times daily.
Chronic venous insufficiency: 150 - 300 mg daily.
Oedema: 200 - 400 mg daily for 10 - 30 days[198].

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Altadrine® Day Burner (Alta Care)
Ampoules; Grapeseed, bromelain, green tea, papaya, artichoke, dandelion, fructose, magnesium citrate, bladderwrack, witch hazel, meadowsweet, exotic fruit aroma, vitamin C, vitamin E, vitamin B6, beta-carotene, lemon juice, wild carrot, tomato, selenium yeast, buckwheat, potassium sorbate, sodium benzoate.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Night Burner (Alta Care) see Green Tea

Altasterol® Stimulant (Alta Care) see Ginger

Antioxidant Selenium-ACE Formula (Vega) see Bilberry

Cardiohealth Formula (Vega) see Garlic

Citricidal™ (Higher Nature)
Liquid; Grapefruit seed extract concentrate.
Tablets; Grapefruit seed extract 100mg.
Local Distributor: Health Plus

Eyewise® (Lamberts)
Tablets; Grapeseed 500mg (provided by 10mg of a 50:1 extract), bilberry 200mg (provided by 50mg of a 4:1 extract), blackberry 200mg (provided by 50mg of a 4:1 extract), lutein 10mg, zeaxanthin 400mcg.
Local Distributor: Health Plus

Grapeseed Antioxidant Formula (FSC)
Capsules; Grapeseed extract 50mg (providing 25mg polyphenols 50%), selenium 15mcg, green tea leaf 50mg, citrus bioflavonoid 60mg, bilberry fruit 20mg.
Local Distributor: Kemimport Ltd.

Grapeseed Extract (HealthAid)
Tablets; Grapeseed extract (500:1) 100mg containing 95% total phenolic compounds.
Local Distributor: Galea & Galea

HeartMax™ (HealthAid)
Capsules; Grapeseed extract 25mg, garlic oil (100:1) 1.25mg equiv. to 125mg of fresh garlic bulb, lycopene 5mg, chromium 50mcg, fish oil concentrate 400mg which provides 132mg EPA & 88mg DHA, L-carnitine 125mg, L-taurine 125mg, lecithin 100mg, alpha lipoic acid 50mg, coenzyme Q10 30mg, citrus bioflavonoids 5mg.
Local Distributor: Galea & Galea

Herbal Booster™ (HealthAid) see Guarana

Horse Chestnut Complex (Lamberts) see Horse Chestnut

Multi Antioxidant Complex (Vega) see Ginkgo

Multi Max® (Lamberts)
Tablets; Grapeseed 500mg (provided

by 1mg of a 500:1 extract), vitamin A 1948mcg, vitamin D 5mcg, vitamin E 100mg, vitamin C 150mg, thiamin 25mg, riboflavin 25mg, niacin 25mg, vitamin B6, folic acid 400mcg, vitamin B12 10mcg, biotin 0.15mg, pantothenic acid 25mg, calcium 62mg, iron 14mg, magnesium 50mg, zinc 15mg, iodine 150mcg, choline bitartrate 25mg, inositol 25mg, PABA 25mg, manganese 4mg, copper 1.2mg, molybdenum 500mcg, selenium 200mcg, chromium 200mcg.
Local Distributor: Health Plus

Multi-Max® Advance (Lamberts) see Turmeric

Opticare Formula 20:20 (Vega) see Ginkgo

Perfectil Platinum (Vitabiotics) see Green Tea

Phytobronz (Arkopharma)
Capsules; Grape seed extract, vitamin E, carotenoids, squalene, starflower oil, IHA (Intense Helio Active) Arkopharma's unique compound of natural extract of red palm oil, capsicum & tomato.
Local Distributor: Pharmacos Ltd.

TotallyWise (Vega) see Green Tea

Venalta® (Alta Care)
Capsules; Omega 3 (350mg), grape seed (100mg), grapeseed skin (37.5mg), grapeseed whole fruit 12.5mg.
Patches; Acrylates copolymer, propylene glycol, grapeseed extract, horse chestnut extract, butcher's broom extract, gotu kola extract, ginkgo biloba extract, glycine soya oil, lavender oil, peppermint oil, sweet orange oil, limonene, Linalool.
Syrup; Honey sugar free 6400mg, cranberry juice 2000mg, grapeseed 400mg, barley 280mg, witch hazel 250mg, cranberry extract 200mg, butcher's broom root 200mg, soya isoflavones 150mg, dioscorea 100mg, bilberry flavour 10mg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

Venalta® Ampoules (Alta Care)
Ampoules; Red Vine leaf extract 3750mg, barley extract 2500mg, buckwheat extract 1000mg, witch hazel extract 1000mg, vitamin C 60mg, vitamin E 10mg, grapefruit natural flavour 50mg, citrus limonum 10mg.
Local Distributor: Ultra Pharma Ltd.

Venis® Sollievo (Erba Vita)
Gel; Grapeseed extract, butcher's broom extract, blueberry extract, ivy extract, escin, lavender oil.
Local Distributor: E.J. Busuttil Ltd.

Vitiven® ultra cold (Arkopharma) see Butcher's Broom

Wellman® Tricologic (Vitabiotics)
Tablets; Proanthocyanidins (red grape extract) 5mg, vitamin D 15mcg, vitamin E 60mg, vitamin C 180mg, vitamin B1 10mg, vitamin B2 8mg, vitamin B3 36mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 20mcg, biotin 150mcg, pantothenic acid 90mg, magnesium 50mg, iron 8mg, zinc 15mg, copper 100mcg, manganese 0.5mg, selenium 150mcg, chromium 50mcg, iodine 150mcg, PABA 30mg, silicon 15mg, betacarotene 2mg, lignans 150mg, choline 100mg, myo-inositol 50mg, N-acetyl cysteine 50mg, L-cystine 50mg, L-methionine 50mg, L-lysine 50mg.
Local Distributor: Kemimport Ltd.

Wellwoman Tricologic® (Vitabiotics)
Tablets; Grapeseed extract 5mg, vitamin D 20mcg, vitamin E 60mg, vitamin C 60mg, vitamin B1 10mg, vitamin B2 8mg, vitamin B3 36mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 20mcg, biotin 150mcg, pantothenic acid 90mg, magnesium 50mg, iron 14mg, zinc

15mg, copper 1000mcg, manganese 2mg, selenium 150mcg, chromium 50mcg, iodine 150mcg, silicon 60mg, natural mixed carotenoids 3mg, hydrolysed marine collagen 200mg, L-cystine 100mg, L-methionine 50mg, inositol 90mg.
Local Distributor: Kemimport Ltd.

GREEN COFFEE

Coffea arabica

Family: Rubiaceae
Medicinal Parts: Seed.

Indications:
Principal: Stimulation of the nervous system, increasing arousal and vigilance, reducing fatigue[202].
Major: Diarrhoea, inflammation of the mouth & pharynx, festering wounds[28, 202].
Minor: Hepatitis, oedema, neuralgia, migraine, fever, asthma, to treat opium and alcohol intoxication[28, 202].

Cautions: Patients with sensitive cardiovascular systems, kidney diseases, hyperthyroidism, higher disposition to convulsions, certain psychic disorders (including panic anxiety states), pregnancy[28].

Side-effects: Hyperacidity, stomach irritation, diarrhoea, reduced appetite, sleeplessness, anxiety, tremor, nervous restlessness, palpitations and withdrawal headaches[28].

Drug interactions: Antidiabetics, antihypertensives, iron compounds, nicotine, phenylpropanolamine[203].

Dose: Average daily dose: 9 gm of ground drug; Average single dose: 3 gm of powder[28].

4.3.2.1 Shape Up Organic (Arkopharma)
see Green Tea

4.3.2.1 Shape Up Ultimate (Arkopharma)
see Fenugreek

Green Coffee (Quest)
Tablets; Green coffee bean extract 200mg, chlorogenic acids 90mg.
Local Distributor: Pharma MT Ltd.

Green Coffee Bean (Power Health)
Capsules; Green coffee bean powder 133mg.
Local Distributor: Kemimport Ltd.

Pure Green Coffee Extract (Lamberts)
Tablets; Decaffeinated green coffee extract 200mg.
Local Distributor: Health Plus

GREEN TEA

Camellia sinensis

Family: Theaceae
Medicinal Parts: Leaf.

Indications:
Principal: Atherosclerosis[204, 205], hypercholesterolaemia[206], dental caries[207], gingivitis, cancer prevention[208, 209].
Major: Sunburn protection[210, 211], weight loss, weight maintenance[212].
Minor: Inflammatory bowel disease, diabetes[5, 28].
Others: Headache, diarrhoea, fatigue, vomiting, dyspepsia & other digestive symptoms, migraine[5, 28].

Cautions: Weak cardiovascular system, renal disease, hyperthyroidism, elevated susceptibility to spasm[28].

Contraindications: Hypertension, cardiac arrhythmias, severe liver disease, anxiety disorders, insomnia[5].

Side-effects: CNS stimulation, diuresis, hyperacidity, gastric irritation, reduction in appetite when consumed in large amounts[5, 28].

Drug interactions: Anticoagulants, hypoglycaemic agents, iron, CNS stimulants, CNS depressants, diuretics, drugs metabolized by CYP1A2[5, 28].

Dose: 3-5 cups of green tea per day[28].

4.3.2.1 Performance Detox (Arkopharma)
Vials; Green tea, maté, pawpaw, kola, turmeric, elder, fennel, celery, chicory, barley malt, fructo-oligosachharides.
Local Distributor: Pharmacos Ltd.

4.3.2.1 Shape Up Day & Night (Arkopharma)
Capsules;
Yellow day capsule: Green tea extract 85.5mg, maté extract 85.5mg, barley malt powder 45mg, kola seed powder 39mg, fennel fruit powder 30mg, celery seed powder 15mg.
Brown night capsule: Lemon balm extract 60mg, grape seed extract 60mg, kidney bean powder 60mg, hawthorn powder 20mg, chichory powder 20mg.
Local Distributor: Pharmacos Ltd.

4.3.2.1 Shape Up Organic (Arkopharma)
Liquid; Green tea leaves, green coffee beans, fennel seed, maté leaves, guarana seeds, celery stalks and leaves, chicory roots, dandelion roots, kola seeds, black radish roots.
Local Distributor: Pharmacos Ltd.

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Active Women's Multivitamins & Minerals (Vega) see Siberian Ginseng

Altadrine® Aquadrain (Alta Care)
Capsules; Green tea leaf 250mg, sodium carbonate 50mg, potassium carbonate 50mg, magnesium gluconate 50mg.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Day Burner (Alta Care) see Grapeseed

Altadrine® Lipodrainer (Alta Care) see Nettle

Altadrine® Night Burner (Alta Care)
Ampoules; Aqueous extracts of: cherry peduncle 4000mg, green tea 800mg, dandelion roots 800mg, stinging nettle aerial parts 680mg, meadowsweet 400mg, red vine leaf 400mg, ground ivy 240mg, orange concentrated juice 454mg, orange flavour 40mg, lemon flavour 40mg, bladderwrack 15mg.
Local Distributor: Ultra Pharma Ltd.

Antioxidant Selenium-ACE Formula (Vega) see Bilberry

Bodylean® CLA Plus (HealthAid)
30 CLA capsules & 30 bodylean tablets; Each CLA capsule contains 1000mg CLA oil (80% CLA) derived from sunflower & safflower oil, which provides 800mg free CLA. Each bodylean tablet contains 100mg green tea polyphenols, 125mg L-ornithine, 125mg L-carnitine, 125mg creatine, 15mg CoQ10, 200mcg chromium.
Local Distributor: Galea & Galea

Carboslim® Phase 2 (HealthAid)
Capsules; 100mg standardised green tea extract (min. 60% polyphenols & 35% catechins), 500mg phase 2 (from kidney bean extract), 100mcg chromium.
Local Distributor: Galea & Galea

Diet Shake (Sci-MX)
Powder; Green tea extract, corn source maltodextrin, whey protein concentrate, soya protein isolate, skimmed milk, milk protein concentrate, cocoa powder, fructose, insulin fibre, MCT-oil, rice starch, conjugated linoleic acid, whey protein isolate, egg albumin, cellulose gum, potassium, lactase enzymes, niacin, iodine, folic acid, biotin.
Local Distributor: Ruth & Marcel Degabriele

Evening Primrose Oil Formula (Vega) see Evening Primrose

Grapeseed Antioxidant Formula (FSC) see Grapeseed

Green Tea (Arkopharma)
Capsules; Green tea leaf powder 390mg.
Local Distributor: Pharmacos Ltd.

Green Tea (HealthAid)
Liquid; 1:4 extract of *Camellia sinensis* (equiv. of 250mg green tea extract and 100mg polyphenols).
Tablets; Green tea extract 100mg (equiv. to 1000mg of green tea powder).
Local Distributor: Galea & Galea

Green Tea (Quest)
Tablets; Green tea leaf extract 100mg, providing polyphenols 60mg.
Local Distributor: Pharma MT Ltd.

Green Tea 1000mg (Power Herbs)
Tablets; Green Tea (5:1) extract 200mg equiv. to green tea 1000mg (40% catechins).
Local Distributor: Kemimport Ltd.

Kelp Plus Greens Formula (Vega) see Kelp

Maxijoint Formula (Vega) see Bilberry

Menopace® Plus (Vitabiotics) see Sage

Menopause Formula (Vega) see Starflower

Molkosan Vitality (A.Vogel)
Powder; Green tea extract, maize starch, concentrated whey powder, lactic acid, fructose, orange flavour.
Local Distributor: Health Plus

Multi Antioxidant Complex (Vega) see Ginkgo

Multibionta® Immune Support Probiotic Multivitamin (Seven Seas)
Capsules; Green tea extract 100mg,

vitamin E 20mg, vitamin C 150mg, folic acid 400mcg, zinc 7.5mg, selenium 100mcg, total bioflavonoids 30mg.
Local Distributor: Associated Drug Co. Ltd.

Multi-Max® Advance (Lamberts) see Turmeric

Perfectil Platinum (Vitabiotics)
Tablets; Bio marine collagen 100mg, lycopene extract 5% 5mg, grape seed extract 7.5mg, pine bark extract 4mg, green tea extract 10mg, blackcurrant seed oil 25mg, alpha lipoic acid 20mg, enzyme Q10 2.5mg, betacarotene 2mg, vitamin D3 2.5mcg, vitamin E 25mg, vitamin C 45mg, thiamin 4mg, riboflavin 2mg, niacin 9mg, vitamin B6 5mg, folacin 200mcg, vitamin B12 4.5mcg, biotin 75mcg, pantothenic acid 20mg, iron 6mg, magnesium 50mg, zinc 7.5mg, iodine 100mcg, copper 500mcg, manganese 0.25mg, selenium 500mcg, chromium 25mcg, silicon 25mcg, L-cystine 10mcg.
Local Distributor: Kemimport Ltd.

Pine Bark Complex (Vega) see Scotch Pine

Premenstrual Formula (Vega) see Oats

Rejuvadeen Formula (Vega)
Capsules; Soy protein isolate 100mg; Vega Bio-Marine Complex™ 100mg providing chitosan 30mg, glucosamine sulphate 30mg, blue green algae 10mg, chlorella broken cell algae 10mg, kelp seaweed 10mg, spirulina algae 10mg; vitamin C 60mg; citrus bioflavonoids 20mg; collagen type II 20mg; zinc 15mg; beta 1,3 glucans 10mg; green tea leaf powder 10mg (min. 60% polyphenols); L-cysteine; silicon 10mg; vitamin E 10mg; grape seed extract 5mg (min. 95% polyphenols); L-glutathione 5mg; soy isoflavone concentrate 5mg (min. 40% isoflavones); superoxide dismutase 5mg; beta carotene 4.8mg; vitamin B6 2mg; vitamin B2 1.6mg; vitamin B1 1.4mg; manganese 0.5mg; copper 250mcg; selenium 250mcg.
Local Distributor: Alfred Gera & Sons Ltd.

SiberSlim™ (HealthAid) see Siberian Ginseng

TotallyWise (Vega)
Multivitamin & mineral tablet; Vitamin A 800mcg, vitamin D3 10mcg, vitamin E 20mg, vitamin C 120mg, thiamin 2.8mg, riboflavin 3.2mg, niacin 36mg, vitamin B6 4mg, folic acid 400mcg, vitamin B12 2mcg, biotin 300mcg, pantothenic acid 12mg, calcium 200mg, magnesium 75mg, iron 14mg, zinc 15mg, iodine 150mcg, manganese 2mg, chromium 120mcg, molybdenum 10mcg, copper 1mg, selenium 25mcg, silicon 1mg.
Omega-3 fish oil capsule; Concentrated fish oil 630mg (providing EPA 150mg, DHA 100mg), total omega-3 fatty acids 320mg, sweet orange oil 16.2mg, olive oil 9.3mg, tomato lipids 0.7mg, medium chain triglycerides 0.3mg.
Antioxidant tablet; Alpha lipoic acid 20mg, CoQ10 2mg, N-acetyl cysteine 40mg, beta-carotene 2mg, lycopene 1.5mg, lutein esters 1.5mg, pomegranate extract 7mg, green tea extract 10mg, grape skin extract 5mg, querceptin 5mg, soy isoflavones 5mg (providing 2mg isoflavones), soy protein isolate 18mg, pine bark extract 1mg, bilberry extract 10mg, blackberry extract 5mg, blackcurrant extract 5mg, blueberry extract 5mg, blackcherry extract 5mg, watercress extract 5mg.
Prebiotic & probiotic capsule; Lactobacillus acidophilus CUL60, lactobacillus acidophilus CUL21, bifidobacterium lactis CUL34, bifidobacterium bifidum CUL20.
Local Distributor: Alfred Gera & Sons Ltd.

Vitalize Regenerative Formula (Vega) see Siberian Ginseng

Wellwoman 50+ (Vitabiotics)
Tablets; Lutein esters 2mg, green tea extract 20mg, phosphatidylcholine 10mg, Co-Q10 2mg, L-carnitine 10mg, alpha lipoic acid 20mg, citrus bioflavonoid complex 10mg, natural mixed carotenoids 2mg, vitamin D 10mcg, vitamin E 15mg, vitamin C 60mg, thiamin 14mg, riboflavin 4mg, niacin 30mg, vitamin B6 10mg, folacin 500mcg, vitamin B12 5mcg, biotin 50mcg, pantothenic acid 6mg, iron 10mg, magnesium 25mg, zinc 15mg, manganese 0.5mg, copper 1000mcg, selenium 120mcg, chromium 75mcg.
Local Distributor: Kemimport Ltd.

WellTeen® Plus Omega-3 (Vitabiotics) see Cranberry

Zinc-C Formula (Vega)
Tablets; Green tea leaf extract 100mg (min. 40% polyphenols), rutin bean extract 30mg, vitamin C 240mg, pantothenic acid 60mg, citrus bioflavonoids 30mg, hesperidin 30mg, zinc 15mg, manganese 0.5mg, selenium 200mcg, copper 100mcg.
Local Distributor: Alfred Gera & Sons Ltd.

GRIFFONIA (5-HTP)

Griffonia simplicifolia

Family: Leguminosae
Medicinal Parts: Seeds.

Indications:
Principal: Depression, anxiety, other psychiatric and neurological disorders where there is a deficiency of neural serotonin, insomnia[28, 213].
Major: Fibromyalgia, obesity, chronic headache, migraine[28].
Minor: To reduce risk of artery & heart spasm, management of Parkinson's disease & epilepsy[28].

Contraindications: Pregnancy, lactation[28].

Side-effects: Heartburn, stomach pain, flatulence, diarrhoea, vomiting, decreased libido[28, 213].

Drug interactions: Carbidopa, MAOIs, SSRIs[28, 213].

Dose:
Depression: 50 mg three times daily.
Insomnia: 100-300 mg before bedtime.
Fibromyalgia: 100 mg three times daily[28, 213].

5-HTP (HealthAid)
Prolonged release tablets; 50mg 5-HTP from *Griffonia simplicifolia* seed extract.
Local Distributor: Galea & Galea

5-HTP (Solgar)
Vegicaps; 5-HTP (from standardized Griffonia simplicifolia seed extract) 100mg, valerian root powdered extract 100mg, magnesium 50mg, vitamin B6 10mg.
Local Distributor: Natural Remedies

GRINDELIA

Grindelia robusta

Family: Asteraceae/Compositae
Medicinal Parts: Dried leaves, flowering branches.

Indications:
Principal: Catarrhs of the upper respiratory tract[19], cough, bronchitis[28].
Others: Asthma, whooping cough[19].

Cautions/Contraindications: None known.

Side-effects: Gastric or renal irritation rarely[19].

Drug interactions: None known.

Dose: Daily dose: 4-6 gm of the drug or 3-6 gm of grindelia fluid extract; tincture (1:10 or 1:5, ethanol 60-80% v/v), 1.5-3 ml[19].

Broncovit® (Erba vita)
Syrup; Grindelia summit 1125mg, extracts of maidenhair fern summit 900mg, common sundew flowered plant 675mg, iceland moss whole plant 675mg, peppermint leaves 675mg, blackcurrant berries 450mg, dry extract of grapefruit seed 11.25mg, peppermint essential oil 22.5mg, acacia honey 5625mg, vitamin C 22.5mg.
Local Distributor: E.J. Busuttil Ltd.

GrinTuss (Aboca)
Paediatric & adult syrup; Plant extracts of grindelia, plantain, helichrysum.
Local Distributor: Pharma MT Ltd.

Mucovit® Sciroppo Adulti (Erba Vita)
Syrup; Acacia honey 11250mg, grindelia flower heads 1135mg, vegetal extracts: eucalyptus leaves 900mg, scotch pine buds 675mg, thyme flowers and leaves 675mg, european elder flowers 675mg, fir buds and berries 450mg, adhatoda vasica leaves 225mg, scotch pine needles essential oil 22.5mg, vitamin C 22.5mg.
Local Distributor: E.J. Busuttil Ltd.

Mucovit® Sciroppo Bambini (Erba Vita)
Syrup; Acacia honey 5625mg, grindelia flower heads 675mg, vegetal extracts of eucalyptus leaves 450mg, scotch pine buds 450mg, european elder flowers 450mg, fir buds and berries 450mg, thyme flowers and leaves 225mg, vitamin C 22.5mg, orange peel essential oil 22.5mg.
Local Distributor: E.J. Busuttil Ltd.

Pectovit® (Erba Vita)
Ointment; Grindelia extract, eucalyptus essential oil, pine essential oil, lavender essential oil, tea tree oil, niaouli essential oil.
Local Distributor: E.J. Busuttil Ltd.

GUARANA
Paullinia cupana

Family: Sapindaceae
Medicinal Parts: Seeds.

Indications:
Principal: Chemotherapy-related fatigue[214, 215]; lack of alertness, energy or stamina[5, 216, 217].
Major: To promote weight loss, enhance athletic performance[5, 28, 215].
Others: Headache, dysmenorrhoea, fever, digestion problems[28].

Cautions: Patients taking other drugs or herb supplements containing caffeine or any other stimulant products, diabetes, sensitive cardiovascular system, renal disease, hyperthyroidism, gastric ulcers, chronic headache, pregnancy, nursing mothers[5, 28].

Contraindications: Hypertension, cardiac arrhythmias[5].

Side-effects: Nervousness, restlessness, irritability, insomnia[14].

Drug interactions:
Antihypertensives, Ephedra & kava herbal medicines[215], OTC nasal decongestants, sedating antihistamines, antinausea agents[14], diuretics, anticoagulants, antiplatelets, digoxin[5].

Dose:
Cognition, alertness, mood: 37.5-75 mg every 6 hours.
Other indications: 2.5-4 gm guarana/day[5].

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

Altacura® Ginseng (Alta Care) see Ginseng Korean

Altacura® Infludrink (Alta Care) see Meadowsweet

Altadrine® Fat Burner (Alta Care) see Bitter Orange

Altasterol® Stimulant (Alta Care) see Ginger

Cellusite™ (HealthAid) see White Willow

Guaramax® 1000 (HealthAid)
Capsules; Guarana seed 4:1 extract 250mg, standardised to 10% caffeine, equivalent to 1000mg guarana seed powder.
Local Distributor: Galea & Galea

Guarana 500mg (Power Herbs)
Capsules; Stoneground amazon guarana seeds 500mg.
Local Distributor: Kemimport Ltd.

Herbal Booster™ (HealthAid)
Liquid; Red grape juice, purified water, gotu kola, muira puama, guarana seed, Echinacea (*Echinacea angustifolia*), Siberian ginseng, disodium hydrogen, phosphate anhydrous, citric acid, potassium sorbate, sodium benzoate.
Tablets; Guarana powder 250mg, siberian ginseng 175mg, bee pollen 50mg, gotu kola 20mg, bissy nut 20mg, spirulina 20mg, ginger root 20mg, mullein 20mg, liquorice 20mg, hawthorn berry 20mg, yellow dock 20mg, papaya fruit 20mg, capsicum 19mg, pepsin 1mg.
Local Distributor: Galea & Galea

Hip & Thigh Formula (HealthAid) see White Willow

Male Max™ (HealthAid) see Ginseng Korean

Revive (Kelkin)
Effervescent tablets; Guarana extract 50mg, *Panax ginseng* 15mg, vitamin C 85mg, vitamin B1 1.2mg, vitamin B2 1.5mg, niacin 18mg, vitamin B6 1.5mg, folic acid 220mcg, vitamin B12 2mcg, biotin 80mcg, vitamin B5 6mg, calcium 100mg, magnesium 110mg, zinc 9.5mg.
Local Distributor: Galea & Galea

SiberSlim™ (HealthAid) see Siberian Ginseng

Silvia® Women Formula (Alta Care)
Tablets; **Day** (pink tablets): Cellulose 200mg, maltodextrin 147.77mg, magnesium carbonate 80mg, vitamin C 60mg, guarana seed dry extract 50mg, soy lecithin 50mg, bladderwrack 25mg, potassium gluconate 20mg, vitamin E 20mg, sodium chloride 20mg, magnesium oxide 20mg, zinc gluconate 15mg, magnesium stearate 14mg, royal jelly 14mg, vitamin A 10mg, lutein 8.23mg, marigold extract 5mg, vitamin B2 1.60mg, vitamin B1 1.40mg, vitamin B6 1mg, vitamin B12 1mg. **Night** (blue tablets): Cellulose 200mg, tri calcium phosphate 200mg, lithothamnium calcareum 100mg, vitamin C 60mg, glucosamine sulphate 50mg, spirulina 20mg, vitamin E 20mg, ferrous gluconate 20mg, maltodextrin 15.80mg, magnesium stearate 14mg, chondroitin sulphate 14mg, royal jelly 10mg, soy lecithin 10mg, L-tryptophan 10mg, zinc gluconate 5mg, vitamin B6 1mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mg, folic acid 0.2mg, vitamin D3 0.001mg.
Local Distributor: Ultra Pharma Ltd.

Zotrim (Nature's Remedies) see Maté

GUAR GUM
Cyamopsis tetragonoloba

Family: Leguminosae
Medicinal Parts: Whole plant.

Indications:
Principal: Diabetes mellitus[218], post prandial hyperglycemia[219] & glucosuria, hyperlipoproteinaemia[28, 220].
Others: Night blindness, dyspeptic complaints, anorexia, constipation[28, 220].

Cautions: Adequate intake of fluid to prevent bolus formation and oesophageal obstruction[28].

Contraindications: Diseases of the oesophagus, stomach, and intestine, which might hinder passage of the chyme[28].

Side-effects: Feeling of fullness, nausea, wind & diarrhoea particularly at the beginning of treatment[28].

Drug interactions: Acetaminophen, nitrofurantoin, digoxin, bumetanide, metformin, phenoxymethylpenicillin, some formulations of glibenclamide, slowed absorption of oral contraceptives, potentiation of insulin[14].

Dose: One dose of 5 gm per tablet or granules, three times daily[28].

Healthy Mega (HealthAid) see Buckwheat

Snoreeze Oral Strips (Snoreeze) see Peppermint

Snoreeze Throat Spray (Snoreeze) see Peppermint

GYMNEMA
Gymnema sylvestre

Family: Asclepiadaceae
Medicinal Parts: Leaf.

Indications:
Principal: Type 1 & type 2 diabetes[221, 222], hypercholesterolaemia, hypertriglyceridaemia[14, 223].
Major: Sweet taste suppression & weight loss[5].

Cautions: Monitor blood glucose levels closely when used in conjunction with insulin and hypoglycaemic agents, pregnancy[5, 14].

Side-effects: Gastric irritation, hepatotoxicity[5].

Drug interactions: Hypoglycaemic agents, insulin[5].

Dose: 400-600 mg/day in divided doses with meals[5].

Chitosan Complex (HealthAid) Capsules; 50mg *Gymnema sylvestre* extract, 700mg shellfish shell fibre (chitosan), vitamin C 40mg.
Local Distributor: Galea & Galea

HAWTHORN
Crataegus laevigata

Family: Rosaceae
Medicinal Parts: Extracts of leaf and flower are most commonly used, although the berries may also be used.

Indications:
Principal: Arrhythmias, hypertension[224], angina pectoris, atherosclerosis[225], NYHA functional class II CHF[226, 227, 5, 9, 19, 28].
Major: Hyperlipidaemia, anxiety[5, 228].
Minor: Connective tissue disorders, kidney & bladder stones[224].
Others: Herpes simplex infection[5].

Contraindications: Pregnancy[5, 9], children under 12 years of age[28].

Side-effects: Sweating, nausea, fatigue, rash on the hands, headache, dizziness, palpitations, sleepiness, agitation, GI symptoms[5, 9, 28, 227].

Drug interactions: Antihypertensives, cardiac glycosides[5, 227, 229].

Dose: 160-900 mg of a native water-ethanol extract of the leaves or flowers; 1.5-3.5 gm as infusion or decoction[19, 227].

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

Hawthorn (Arkopharma)
Capsules; Hawthorn powder 350mg, providing at least 1.5% flavonoids.
Local Distributor: Pharmacos Ltd.

Hawthorn 2500mg (Lamberts)
Tablets; Hawthorn 2500mg (providing 500mg of a 5:1 extract) providing flavonoids 10mg.
Local Distributor: Health Plus

Hawthorn Berry (HealthAid)
Liquid; Hawthorn berry extract 1:3 (equiv. of 330mg of hawthorn berry herb) in 1ml.
Local Distributor: Galea & Galea

Hawthorn Berry 500mg (FSC)
Tablets; Hawthorn berry extract equiv. to 500mg.
Local Distributor: Kemimport Ltd.

Herbal Booster™ (HealthAid) see Guarana

Hawthorn Compound (Power Herbs) see Buckwheat

Tranquil™ (HealthAid)
Capsules; 250mg hawthorn oil macerate (2:1); 100mg hawthorn extract (1:1); 50mg viburnum extract (10:1) equiv. to 500mg raw viburnum powder; 50mg *Valeriana officinalis* extract (5:1) equiv. to 250mg raw valerian root powder; 25mg magnolia extract; 25mg St. John's Wort extract (10:1); 2.5mg passionflower extract (4:1), equiv. to 10mg raw powder.
Local Distributor: Galea & Galea

V-Vein™ (HealthAid) see Horse Chestnut

HOODIA
Hoodia gordonii

Family: Asclepiadaceae
Medicinal Parts: Aerial parts.

Indications: Appetite suppression[28, 230].

Cautions/Contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: 400mg twice daily[231].

Magnolia, Valerian, St. John's Wort Complex (HealthAid)
Capsules; Hawthorn oil macerate (2:1) 250mg, hawthorn powder extract (1:1) 100mg, viburnum extract (10:1) 50mg, valerian extract (5:1) 50mg, St. John's Wort extract (10:1) 25mg, passionflower extract (4:1) 2.5mg.
Local Distributor: Galea & Galea

HOPS

Humulus lupulus

Family: Cannabaceae
Medicinal Parts: Dried strobiles.

Indications:
Principal: Restlessness, nervousness, anxiety, sleep disturbances[5, 9, 28, 45, 232, 233].
Major: Menopause, headache, indigestion[5, 28, 234].
Minor: Neuralgia[235], to wean patients off pharmaceutical sedative medicines, leg ulcers, oedema[5, 28].

Cautions: When given in conjunction with other central nervous system depressants, antipsychotics or alcohol due to its sedative effect[28].

Contraindications: Oestrogen-dependent tumours, depression, pregnancy[5, 9, 28, 45].

Side-effects: Drowsiness (with excessive use), systemic urticaria, allergic dermatitis, respiratory allergy, anaphylaxis, on contact with the herb or oil[5, 28].

Drug interactions: Pharmaceutical sedatives, anti-oestrogenic drugs, cocaine, paracetamol, diazepam, phenobarbital[5, 28, 236].

Dose: Up to three times daily and before going to bed: dried strobiles, 0.5-1 gm or in infusion; liquid extract (1:1, 45% ethanol), 0.5-1 ml; tincture (1:5, 60% ethanol), 1-2 ml[5, 45].

Calma Baby (Erba Vita) see Linden

Chalet® Hair Stimulant (Alta Care) see Saw Palmetto

Controller® Natural Sleep (Alta Care) see Linden

Dormeasan® (A.Vogel) see Valerian

Ellegyn® (Alta Care)
Patches; Hops extract, soya oil, acrylates copolymer, triethanolamine, glycine, propylene glycol, ethoxy-diglycol.
Local Distributor: Ultra Pharma Ltd.

Kalms (Lanes) see Valerian

Menophase (Higher Nature) see Schisandra

Natrasleep (Natra) see Valerian

Quiet Life (Lanes)
Tablets; Motherwort powder 34.00mg, hops powder 75.00mg, passiflora powder 58.00mg, lettuce aqueous powdered extract 29.00mg, valerian dry extract 50.00mg, thiamin hydrochloride (vit B1) 0.71mg, riboflavin (vit B2) 0.57mg, nicotinamide 4.59mg.
Local Distributor: Collis Williams Ltd.

Silvia® Feminin Formula (Alta Care)
Ampoules; Soya 999mg, hops 333mg, wild yam 333mg, melilot flower 1500mg, magnesium 100mg, sage leaf 30mg, red mandarin essential oil 17mg, iron 14mg, borage oil 10mg, EPO 10mg.
Syrup; Blueberry juice 5190mg, honey sugar free 3000mg, soya extract 600mg (6-10% isoflavones), sage leaf extract 500mg, wild yam extract 250mg (6-10% disogenina), hops extract 200mg, papaya

extract 200mg, blueberry aroma 50mg, sodium benzoate 10ml.
Local Distributor: Ultra Pharma Ltd.

Silvia® Women (Alta Care)
Patches; Hops extract, acrylates copolymer, triethanolamine, glycine soya oil, propylene glycol, ethoxy-diglycol.
Local Distributor: Ultra Pharma Ltd.

HOREHOUND
Marrubium vulgare

Family: Labiatae
Medicinal Parts: Whole herb, collected during flowering.

Indications:
Internal
Principal: Respiratory catarrh, acute & chronic bronchitis, whooping cough, poor digestion[9, 28].
Major: Type 2 diabetes[237], hypercholesterolaemia[238], hypertension.
Minor: Loss of appetite, bloating & flatulence, diarrhoea, jaundice, painful menstruation[28].
External
Ulcers, skin damage, mouth and throat infections[28].

Cautions: Heart disease, GI disorders[239].

Contraindications: Pregnancy[28, 239].

Side-effects: Rash, arrhythmias, hypotension, decreased blood sugar, vomiting, diarrhoea[239].

Drug interactions: SSRIs, ondansetron, bromocriptine[239].

Dose: Average daily dose: 4.5 gm of the drug; 30 to 60 ml pressed juice[28].

Erbalax® Delicato Capsule (Erba Vita)
see Rhubarb

HORNY GOAT WEED
Herba epimedii

Family: Berberidaceae
Medicinal Parts: Leaf.

Indications:
Principal: Decreased male sexual function[240, 241, 242], osteoporosis[243].
Major: Arthralgia[241], rheumatoid arthritis[244].
Minor: Age related learning and memory impairment[241, 242], asthma[245].

Contraindications: Heart disease, mood disorders[241].

Side-effects: Aggressiveness, irritability, fever, tachyarrhythmia, hypomania[241, 246].

Drug interactions: Phosphodiesterase type-5 inhibitors[244].

Dose: 1 to 3 gm daily[246].

HORSE CHESTNUT

Aesculus hippocastanum

Family: Hippocastanaceae
Medicinal Parts: Seed. Less commonly bark, flower & leaf.

Indications:
Principal: Vascular insufficiency, especially varicose veins[247], venous ulcers[248, 249], haemorrhoids & inflammation[5, 9, 14, 19, 28].
Major: Oedema, swelling, pain, itching, feeling of heaviness, nocturnal cramp in the lower legs[247], menstrual pain[5, 19, 28].
Minor: Bruising, sprains, spinal problems, diarrhoea, fever, enlarged prostate[5, 9, 28].
Others: Arthritis, rheumatism[28].

Cautions: *Aesculus hippocastanum* should be taken with food; should be avoided by people with infectious or inflammatory conditions of the GI tract, including celiac disease and malabsorption disorders; pregnancy & breast feeding[5].

Contraindications: Should not be applied topically to broken or ulcerated skin[5]; hepatic or renal insufficiency[250].

Side-effects: Gastric irritation, skin irritation, dizziness, nausea, headache, pruritus[5, 9, 14, 19].

Drug interactions: Warfarin, heparin, salicylates, antiplatelet drugs[14, 28, 250], digoxin[251].

Dose: 50-100 mg escin twice daily. The dose may be reduced to a maintenance dose of 50 mg escin once daily after 8 weeks[5, 250].

Flodol® (Alta Care) see Meadowsweet

Horse Chestnut (HealthAid)
Tablets; Horse chestnut powder 1000mg (standardised to contain 20% aescin).
Local Distributor: Galea & Galea

Horse Chestnut Complex (Lamberts)
Tablets; Horse Chestnut 1390mg providing aescin 50mg (provided by 278mg of a 5:1 extract), butcher's broom 56.25mg (provided by 14.06mg of a 4:1 extract), rutin 12.5mg, grapeseed 125mg (provided by 2.5mg of a 50:1 extract).
Local Distributor: Health Plus

Organic Aloe Vera (dr.organic®) see Aloe Vera

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®) see Tea tree

Venaforce® (A.Vogel)
Tablets; 157.5mg – 225.0mg horse chestnut extract from fresh seeds, corresponding to 50mg triterpene

glycosides.
Local Distributor: Health Plus

Venagel (A.Vogel)
Gel; Horse chestnut seeds extract.
Local Distributor: Health Plus

Venalta® (Alta Care) see Grapeseed

Vitiven® ultra cold (Arkopharma) see Butcher's Broom

V-Vein™ (HealthAid)
Tablets; 250mg standardised horse chestnut extract 2:1 (seed), 150mg standardised butcher's broom extract 2:1 (root), 150mg standardised hawthorn berry extract 2:1 (berry), 150mg citrus bioflavonoids (fruit), 125mg standardised bilberry extract 2:1 (berry), 100mg standardised prickly ash extract 2:1 (berry), 100mg standardised ginger extract 2:1 (root), 60mg standardised cayenne extract 2:1 (fruit), 50mg standardised ginkgo biloba extract 10:1 (leaf).
Local Distributor: Galea & Galea

HORSERADISH

Armoracia rusticana

Family: Brassicaceae
Medicinal Parts: Roots, leaves.

Indications:
Principal: Nasal congestion, sinusitis[5, 9, 28, 252].
Major: Urinary tract infections, bronchitis[252], joint & tissue inflammation[5, 28].
Minor: Gall bladder disorders, reducing oedema[5, 28].
Others: As an abortifacient[5].

Cautions: People with stomach & intestinal ulcers, kidney disorders, hypothyroidism, patients receiving thyroxine[5, 9].

Contraindications: Pregnancy, lactation, children under 4 years of age[9, 28].

Side-effects: GI upsets, vomiting, diarrhoea, irritation of mucous membranes[5]; irritation, blistering or allergic reactions with skin contact of fresh horseradish[5, 9].

Drug interactions: None known.

Dose: 2-20 g/day of the root or equivalent preparations before meals. Topical preparations with a maximum of 2% mustard oil content[5, 9].

HORSETAIL
Equisetum arvense

Family: Equisetaceae
Medicinal Parts: Barren stems.

Indications:
Principal: Urinary tract complaints including cystitis[253], prostatitis, urethritis, enuresis[254, 255, 256].
Major: Kidney & bladder stones, post-traumatic & static oedema[294], wounds, burns[256].
Minor: Brittle fingernails, loss of hair, rheumatic diseases, chilblains[28, 256].

Cautions: Consult a doctor when the drug is utilized as a bath additive in cases of major skin lesions, acute skin lesions of unknown origin, major feverish and infectious diseases, cardiac insufficiency, hypertonia[28].

Contraindications: Oedema due to impaired heart or kidney function[28].

Side-effects: None known.

Drug interactions: Lithium[255].

Dose: 6 gm of herb daily administered with plenty of fluids; Liquid extract: 1 to 4 ml 3 times daily; Tea: 2-3 gm per cup repeatedly during the day between mealtimes[28].

Horsetail (HealthAid)
Liquid; Horsetail extract 1:5 (equiv. of 200mg of horsetail herb) in 1ml.
Local Distributor: Galea & Galea

HYDRANGEA
Hydrangea arborescens

Family: Hydrangeaceae
Medicinal Parts: Dried rhizomes and roots.

Indications:
Principal: Bladder and kidney stones[9, 19, 28].
Major: Other genito-urinary complaints such as cystitis, urethritis & prostatitis[19].
Minor: Enlarged prostate gland[9].

Contraindications: Pregnancy[19].

Side-effects: Contact dermatitis[257], gastro-enteritis[9].

Drug interactions: None known.

Dose: Three times daily: dried rhizome and root, 2-4 gm or by decoction; liquid extract 1:1 in 25% alcohol, 2-4 ml; tincture 1:5 in 45% alcohol, 2-10 ml[19].

HYSSOP
Hyssopus officinalis

Family: Labiatae
Medicinal Parts: Leaves, flower tips.

Indications:
Principal: Bronchitis, common colds, chronic nasal catarrh, coughs, asthma[28, 19].
Major: Sore throat, hoarsness (as a gargle), congested nose due to colds (topically)[19].
Minor: For the gentle stimulation of circulation, intestinal catarrhs[28].

Contraindications: Pregnancy[19].

Side-effects: None known at therapeutic dose levels.

Drug interactions: None known.

Dose: *Adults*, three times daily: dried herb, usually in infusion, 2-4g; liquid extract 1:1 in 25% ethanol, 2-4ml; tincture 1:5 in 45% alcohol, 5-10ml[45].

ICELAND MOSS
Cetraria islandica

Family: Parmeliaceae
Medicinal Parts: Dried thallus.

Indications:
Principal: Irritation of the oral and pharyngeal mucous membranes and accompanying dry cough, hoarseness, sore throat[8, 19, 28].
Major: Bronchitis, bronchial asthma, respiratory catarrh, loss of appetite[19, 28].
Minor: Gastritis, digestive complaints, nausea and vomiting (in particular in pregnancy and with migraine)[19, 28].
Others: Gastric & duodenal ulcers, irritable bowel syndrome, cachexia, tumours[19].

Cautions/Contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: Adults: three or four times daily: 1-2 gm of dried lichen as a decoction or infusion; tincture (1:5 in 40% alcohol), 1-1.5ml; equivalent preparations[19].

Broncovit® (Erba vita) see Grindelia

Isla Cassis
Lozenges; Aqueous iceland moss extract 80mg.
Local Distributor: Kemimport Ltd.

Isla Mint
Lozenges; Aqueous iceland moss extract 80mg.
Local Distributor: Kemimport Ltd.

Isla Moss
Lozenges; Aqueous iceland moss extract 80mg.
Local Distributor: Kemimport Ltd.

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®) see Tea tree

IVY LEAF
Hedera helix

Family: Araliaceae
Medicinal Parts: Leaves.

Indications:
Principal: Chronic inflammatory bronchial conditions including cough, bronchitis[8, 14, 28].
Minor: Gout, rheumatism, burns, wounds, calluses, rheumatic complaints, phlebitis[28].

Cautions/Contraindications: None known.

Side-effects: GI upset, contact dermatitis with large doses[14].

Drug interactions: None known.

Dose: Average daily dosage: 0.3 gm of drug; equivalent preparations[8].

Prospan (BioRevive)
Syrup; Dried ivy leaf 0.7g/100ml.
Local Distributor: Kemimport Ltd.

ISPAGHULA HUSK
See Psyllium

JUNIPER
Juniperus communis

Family: Cupressaceae
Medicinal Parts: Essential oil from berry cones, berry.

Indications:
Principal: Dyspeptic complaints, cystitis & other benign urinary tract disorders[9, 19, 28].
Major: Appetite stimulant, rheumatism, arthritis, gout[9, 19, 28].
Minor: To regulate menstruation, to relieve menstrual pain[28, 258].
Others: Severe irritation resulting from bronchitis, diabetes[9, 28].

Cautions: Hyperglycaemia; hypokalaemia; external administration for large skin wounds, acute skin

diseases, feverish diseases, cardiac insufficiency, hypertonia[9, 28].

Contraindications: Renal disease, pregnancy, lactation[9, 19, 28].

Side-effects: Prolonged use or overdosing may cause kidney damage[19].

Drug interactions: Loop diuretics, spironolactone, thiazide diuretics, triamterene[63].

Dose: Daily dose: from 2 gm up to a maximum of 10 gm of dried juniper berries, equiv. to 20-100 mg of the essential oil[19].

Aquaflow® (HealthAid) see Dandelion

Cellusite™ (HealthAid) see White Willow

Flodol® (Alta Care) see Meadowsweet

Hip & Thigh Formula (HealthAid) see White Willow

Natural Herbal Inhalant Oil (Numark) see Eucalyptus

Potter's Catarrh Pastilles (Potter's) Patilles; Eucalyptus oil BP 0.02% v/w, menthol BP 0.8% w/w, pumilio pine oil BP 0.6% v/w.
Local Distributor: Kemimport Ltd.

Slim-Rite (HealthAid) see Alfalfa

KARELA

Momordica charantia

Family: Curcubitaceae
Medicinal Parts: Fruit, leaves.

Indications:
Principal: Diabetes[259, 260], cancer (breast[261], gall bladder[5], lung, colon[262]), HIV[263].
Major: Hypercholesterolaemia[260], worms, viral conditions[263], GI complaints, headaches[5, 28].
Minor: As an emmenagogue in reproductive health, psoriasis, wounds (externally)[5, 28].

Cautions: Diabetics while monitoring their blood sugar levels regularly[28].

Contraindications: Hypoglycaemia, pregnancy, lactation, people with glucose-6-phosphate dehydrogenase deficiency[5, 28].

Side-effects: Headache, hypoglycaemic coma, convulsions in children[5, 14].

Drug interactions: Antidiabetic agents, cholesterol lowering drugs[5, 14, 28].

Dose:
Diabetes: Aqueous extract of bitter melon fruit juice containing 100 gm of fruit in 100ml of extract taken daily[5].

Diaglucoforte™ (HealthAid)
Tablets; Karela fruit extract 100mg, milk thistle seed extract 75mg, purple rice extract 200mg, alpha lipoic acid 75mg, zinc 7.5mg, folacin 200mcg, chromium 100mcg, copper 0.5mg, manganese 1mg, potassium 50mg.
Local Distributor: Galea & Galea

Karela (HealthAid)
Tablets; Karela extract 179mg (equiv. to 1250mg karela powder).
Local Distributor: Galea & Galea

KELP
Laminaria hyperborea

Family: Fucaceae
Medicinal Parts: Leaves.

Indications:
Principal: Hypothyroidism, goiter[9, 14, 28, 261].
Major: Arthritis, rheumatism, obesity[9].
Minor: Diabetes, cancer[261].

Cautions: Not to be consumed for a long period of time[28], CNS stimulants[14], patients with bleeding disorders or taking drugs that may increase the risk of bleeding, diabetes, hypoglycaemia[261].

Contraindications: Pregnancy, breast feeding[261].

Side-effects: Increase or decrease in blood thyroid hormone levels, acne-type skin lesions, acne exacerbation, brassy taste, increased salivation, stomach irritation, kidney & nerve toxicity, bleeding, reduced blood platelet count[261].

Drug interactions: Thyroid medications including levothyroxine and iodine[14], ginkgo, garlic, saw palmetto, diuretics[261].

Dose: *Dried herb*: 5-10 gm or infusion 3 times daily; *Liquid extract* (1:1 in 25% alcohol): 4-8 ml 3 times daily[9].

Boldo Multi-Herbal Complex (Healthlife) see Boldo

Cellusite™ (HealthAid) see White Willow

Cellulite Formula (Vega) see Ginkgo

Cider Trim (HealthAid)
Capsules; Kelp, soybean oil, cider vinegar, vitamin B6, yellow beeswax, lecithin.
Local Distributor: Galea & Galea

Cidiet (Power Health)
Capsules; Vitamin B5 4mg, kelp powder 50mg (providing iodine between 30mcg and 50mcg), dry apple cider vinegar powder 80mg, lecithin 200mg.
Local Distributor: Kemimport Ltd.

Colloidal Minerals Plus Kelp Formula (Vega)
Capsules; Fossilized plant humus powder 350mg, kelp seaweed powder 150mg (providing iodine 150mcg (min. 0.1%)).
Local Distributor: Alfred Gera & Sons Ltd.

Formula VM-75 (Solgar) see Buckwheat

Healthy Mega (HealthAid) see Buckwheat

Kelp (Power Health)
Tablets; Kelp 500mg providing iodine on average between 300 and 495mcg.
Local Distributor: Kemimport Ltd.

Kelp Plus Greens Formula (Vega)
Capsules; Kelp seaweed powder 300mg (providing iodine 300mcg (min 0.1%)), green tea leaf extract 10mg (min. 40% polyphenols), blue green algae 30mg, chlorella broken cell algae 30mg, spirulina algae 30mg.
Local Distributor: Alfred Gera & Sons Ltd.

Menophase (Higher Nature) see Schisandra

MSM Glucosamine Joint Complex (Higher Nature) see Celery

Rejuvadeen Formula (Vega) see Green Tea

KIDNEY BEAN
Phaseolus vulgaris

Family: Fabaceae
Medicinal Parts: Pods, beans.

Indications: Urinary tract infections, kidney and bladder stones[28].

Cautions/Contraindications: None known.

Side-effects: No health hazards known in conjunction with the proper administration of designated therapeutic dosages.

Drug interactions: None known.

Dose: The recommended daily dose is 5 to 15 gm of herb[28].

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

SiberSlim™ (HealthAid) see Siberian Ginseng

KOLA NUT
Cola acuminata

Family: Sterculiaceae
Medicinal Parts: Cotyledon.

Indications:
Internally
Principal: Lack of stamina [8, 9, 14, 28, 265].
Major: Depression, tiredness, poor appetite[9, 28, 265].
Minor: Migraine headache, diarrhoea[14, 28, 265].
Externally
Wounds, inflammation[28].

Contraindications: Pregnancy, stomach or duodenal ulcers[8, 9, 28].

Side-effects: Insomnia, hyperexcitability, nervousness, restlessness, stomach complaints[8, 9, 14, 28].

Drug interactions: Antihypertensives[14], halofantrine, bitter orange, ephedra[265].

Dose: *Daily dosage*: 2 to 6 gm of kola nut drug, usually taken 1 to 3 gm three times daily; 0.25 to 0.75 gm of kola extract; 2.5 to 7.5 gm of kola liquid extract; 10 to 30 gm of kola tincture; 60 to 180 gm of kola wine[28].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Altadrine® Lipodrainer (Alta Care) see Nettle

Herbal Booster™ (HealthAid) see Guarana

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

LAVENDER

Lavandula officinalis

Family: Labiatae
Medicinal Parts: Flower.

Indications:
Principal: Anxiety, insomnia, lack of concentration[5, 8, 14, 28].
Major: Dyspepsia, bloating[8], alopecia, perineal discomfort following childbirth, burns, insect bites[5].
Minor: Migraine, neuralgia, minor cuts & bruises, strained muscles, acne, eczema[5, 28].
Others: Varicose ulcers, loss of voice (in a gargle)[5].

Cautions: Topical preparations should be tested on a small area of skin before widespread application[5, 28].

Contraindications: Pregnancy & lactation[28].

Side-effects:
Major: Drowsiness, GI disturbance, skin irritation[5, 28].
Minor: Prepubertal gynecomastia in boys[5].

Drug interactions: Pharmaceutical sedatives, antidepressants[5].

Dose:
Infusion (tea): 1.5gm dried flowers in 150ml water.

Internal: 1-4 drops (20-80mg) on a sugar cube.
Liquid extract (1:2): 2-4.5 ml/day.
External use: Mix 20 drops of oil with 20ml of carrier oil such as almond oil; may be applied undiluted to insect bites or stings.
As a bath additive: 20-100gm lavender flowers are commonly steeped in 2 L boiling water, strained, and then added to the bathwater[5].

Aloe Vera (HealthAid) see Aloe Vera

Arnica (HealthAid) see Arnica

Calendula (HealthAid) see Marigold

Calma Baby (Erba Vita) see Linden

Dermavital (HealthAid) see Aloe Vera

Evening Primrose (HealthAid) see Evening Primrose

Jointace Gel (Vitabiotics) see Ginger

Jointace Patch (Vitabiotics) see Ginger

Migrastick (Arkopharma) see Peppermint

Multi-Mam® BabyWash (Multi-Mam) see Aloe Vera

Organic Lavender (dr.organic®)
Oil; Lavender oil.
Lotion; Lavender oil, aloe vera, cocoa butter, shea butter, olive oil, sunflower oil, Irish moss, vitamin A, vitamin E.
Local Distributor: Galea & Galea

Pectovit® (Erba Vita) see Grindelia

Sedivitax (Aboca) see Passionflower

Tea Tree (Bios Line) see Tea Tree

Venalta® (Alta Care) see Grapeseed

Venis® Sollievo (Erba Vita) see Grapeseed

LEMON BALM
Melissa officinalis

Family: Labiatae
Medicinal Parts: Aerial parts.

Indications:
Internally
Principal: Anxiety, nervousness, insomnia[5, 8, 28, 266, 267].
Major: To improve cognitive function, Alzheimer's disease[268, 269], gastrointestinal conditions associated with spasm and nervousness[5, 8, 28, 267].
Externally
Herpes simplex type 1, rheumatism, nerve pain, stiff neck[5, 28].

Cautions: Limit alcohol intake, diabetes, alcohol dependence, liver disease[270].

Contraindications: Hypothyroidism, pregnancy[5, 270].

Side-effects: Drowsiness[270].

Drug interactions: Barbiturates, cholinergic drugs[5, 270].

Dose: *Fresh herb*: 1.5-4.5 gm two-three times daily; *Infusion*: 1.5-4.5

gm in 150 ml water; *Fluid extract* (1:1) (g/ml): 6-12 ml/day; *Ointment*: 700 mg/g ointment applied four times daily for herpes simplex infection[5].

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

Calma Baby (Erba Vita) see Linden

Candiclear (Higher Nature) see Thyme

Colic Baby (Erba Vita) see Linden

Controller (Alta Care)
Patches; Lemon balm, roman chamomile, neroli essential oil, bitter orange, olibanum essential oil.
Local Distributor: Ultra Pharma Ltd.

Controller® Natural Sleep (Alta Care) see Linden

Melissa Leaf Extract (HealthAid)
Capsules; Melissa leaf extract 4:1 (lemon balm) 138mg equiv. to 550mg of Melissa leaf powder.
Local Distributor: Galea & Galea

Refreshall® (Lamberts) see Ginkgo

Sedivitax (Aboca) see Passionflower

LEMONGRASS
Cymbopogon citratus

Family: Poaceae
Medicinal Parts: Dried leaves, oil.

Indications:
Principal: GI symptoms, as a mild astringent[8, 28].
Major: Lumbago, neuralgic & rheumatic pain, sprains, colds, bronchitis, fever[28].
Minor: Insect repellent[8].

Contraindications: Pregnancy[28].

Side-effects: Rarely, allergic reactions[8, 28].

Drug interactions: None known.

Dose: 2g of dried leaf in 150ml of water; two fresh minced leaves or 2 gm of powdered dried leaf is used[28].

Citronella Geranium Aerosol Free Nebuliser (Sella)
Spray; Citronella essential oil 5%, geranium essential oil 0.5%.
Local Distributor: Premier Healthcare

Citronella Geranium for Children (Sella)
Cream; Citronella essential oil 5%, geranium essential oil 0.5%.
Local Distributor: Premier Healthcare

Citronella Geranium Stick (Sella)
Cream; Citronella essential oil 5%, geranium essential oil 0.5%.
Local Distributor: Premier Healthcare

LICORICE

Glycyrrhiza glabra

Family: Leguminosae
Medicinal Parts: Root, stolon.

Indications:
Principal: Peptic ulcer[271, 272], dyspepsia, dermatitis[273, 5, 9, 14, 28, 45, 274].
Major: Viral infections (SARS-associated CV, HIV, influenza, HSV-1)[271, 275, 276], respiratory tract infections[276], chronic stress[5, 9, 28, 45, 274].
Minor: Chronic fatigue syndrome, polycystic ovary disease, preventing diabetic complications, menopause, weight loss, Addison's disease[5, 28].
Others: Rheumatism[277], arthritis, adrenocorticoid insufficiency[45].

Cautions: Hypertension (or a genetic predisposition to hypertension), fluid retention, men with a history of impotence, infertility or decreased libido[5, 9].

Contraindications: Hypokalaemia, cirrhosis of the liver, hypotonia, severe renal insufficiency, diabetes mellitus, pregnancy[5, 9, 14, 28, 45].

Side-effects:
Principal: Hypercortisolism, pseudohyperaldosteronism, hypokalaemia, hypertension, encephalopathy, oedema, weight gain.
Major: Hypokalaemic paralysis, rhabdomyolysis, juvenile hypertension, decreased testosterone.
Minor: Visual disturbance, dropped head syndrome[5, 9, 14, 28, 45].

Drug interactions: Anticoagulants, antihypertensives, chemotherapy (paclitaxel & vinblastine), corticosteroids, digitalis glycosides, diuretics, iron compounds, laxatives, oral contraceptive pill, potassium, ulcer-healing drugs, warfarin, drugs metabolized by liver enzymes CYP3A4, 2B6, 2C9, 2E1 or 1A1[5, 14, 28, 274].

Dose: *Fluid extract (1:1)*: 2-4 ml three times daily or 15-40 ml/week; *Root*: 5-15 g/day; *Tea*: pour 150 ml of boiling water over 1 teaspoon (2-4 gm) licorice root, simmer for 5 minutes and filter through a tea strainer after cooling[5].

2-Day DetoxPlan (HealthAid) see Milk Thistle

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Coloclear Extra (Higher Nature) see Flaxseed

DigestivAid No Acid (ESI)
Chewable tablets; Carbonated calcium 160mg, licorice 120mg, fossil coral 100mg, apple pectin 30mg, papaya 16.5mg.
Local Distributor: Collis Williams Ltd.

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Erbalax® Delicato Sciroppo (Erba Vita) see Rhubarb

Erbalax® Forte Compresse (Erba Vita) see Senna

Flodol® (Alta Care) see Meadowsweet

Gastro-Vit Formula (Vega) see Aloe Vera

Herbal Booster™ (HealthAid) see Guarana

Ivy-Thyme Complex (A.Vogel) see Thyme

Liquorice (HealthAid)
Liquid; Liquorice extract 1:3 (equiv. of 330mg of liquorice herb) in 1ml.
Local Distributor: Galea & Galea

Organic Aloe Vera (dr.organic®) see Aloe Vera

Potter's Sugar Free Cough Pastilles (Potter's)
Pastilles; Liquorice extract 5.7% w/w, menthol 0.5% w/w, benzoin tincture 0.5% v/w, aniseed oil 0.3% v/w, peppermint oil 0.025% v/w.
Local Distributor: Kemimport Ltd.

Vegilax® (HealthAid) see Blessed Thistle

LINDEN

Tilia species

Family: Tiliaceae
Medicinal Parts: Flowers.

Indications:
Principal: Cough, bronchitis, catarrh of the respiratory tract, feverish colds, infectious diseases[8, 9, 28, 45, 278, 279].
Major: Hypertension[279], restlessness, anxiety[28, 45, 280, 281].
Minor: Migraine, hysteria, raised arterial pressure associated with arteriosclerosis and nervous tension[8, 9, 28, 281].
Others: Leg ulcers[28].

Cautions: Cardiac disorders, pregnancy, lactation[9].

Contraindications: None known.

Side-effects: No side-effects known in conjunction with proper administration of designated therapeutic dosages.

Drug interactions: None known.

Dose: Three time daily: dried inflorescence, 2-4 gm in infusion, preferably taken hot; liquid extract (1:1, 25% ethanol), 2-4 ml; tincture (1:5, 25% ethanol), 4-10 ml[45].

Alkagin® (Istituto Ganassini) see Mallow

Calma Baby (Erba Vita)
Syrup; Per 20ml: ¶¶¶Fructolysat® mixture of linden inflorescence 0.612ml, lemon balm leaves 0.594ml, chamomile flowers 0.594ml; passionflower aerial part 200mg; hops flowers 100mg; sweet orange flowers 100mg; lavender flowers 100mg.
Local Distributor: E.J. Busuttil Ltd.

Colic Baby (Erba Vita)
Syrup; ¶¶¶Fructolysat® mixture (10%) of linden inflorescence 34%, lemon balm leaves 33%, chamomile flowers 33%; dry extract of fennel seeds 2% (0.1% essential oil); cumin seeds 0.35%; coriander seeds 0.3%.
Local Distributor: E.J. Busuttil Ltd.

Controller® Natural Sleep (Alta Care)
Ampoules; Hops flower extract, linden extract, lemon balm flower extract, verbena extract, honey, magnesium, bitter orange flower, vitamin B6.
Syrup; Ananas juice 5240mg, honey sugar free 3000mg, St. John's Wort 600mg, linden extract 500mg, lemon balm 250mg, chamomile 200mg, valerian 150mg, ananas aroma 50mg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

LINSEED
see Flaxseed

LUFFA
Luffa aegyptica

Family: Cucurbitaceae
Medicinal Parts: Fruit.

Indications:
Principal: Prevention for infections or colds, treatment for nasal catarrh, sinusitis[28].
Others: Cough, chronic bronchitis[28].

Cautions/Contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Luffa Complex (A.Vogel)
Tablets, nasal spray; Extracts of: Luffa, American spikenard, heartseed, golden thryallis, chapparal, okoubaka, toothpick weed.
Local Distributor: Health Plus

¶¶¶ Fructolysat® is the total extract and concentrate (1:2) of the vital whole fresh plant, in fructo-oligosaccharides.

MACA

Lepidium meyenii

Family: Brassicaceae
Medicinal Parts: Root.

Indications:
Principal: Male sexual dysfunction[282, 283, 284], decreased epididymal sperm count[285], psychological symptoms (including anxiety & depression) and sexual dysfunction in postmenopausal women[286, 292].
Major: Learning & memory impairment[287], prostatic hyperplasia[288, 289], diabetes, hypercholesterolaemia[290, 292].
Minor: Protection against UVA, UVB and UVC[291, 292].

Cautions: Pregnant, breastfeeding, breast tenderness (decrease dosage), children under 12 years of age[292].

Contraindications: Patients with thyroid conditions[293].

Side-effects: None known.

Drug interactions: None documented.

Dose: 1 dried maca extract 450 mg capsule 3 times daily taken orally with food[293].

AntiStress (Erba Vita)
Capsules; Micronized powder of siberian ginseng root, dry extract of maca root, micronized powder of maca root, dry extract of roseroot, dry extract of *Zizyphus jujube spinosa* seed, flax oil microencapsulated, linolenic acid, linoleic acid, oleic acid, dry extract of Jiao Gu Lan leaves, L-teanina (extract from green tea leaves), vitamin B6, vitamin B1, vitamin B12.
Local Distributor: E.J. Busuttil Ltd.

Maca (HealthAid)
Liquid; Maca extract 1:10 (equiv. of 100mg of maca herb) in 1ml.
Tablets; Maca powder 500mg.
Local Distributor: Galea & Galea

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Wellman® Conception (Vitabiotics)
Tablets; Vitamin A 750mcg, vitamin D 15mcg, vitamin E 30mg, vitamin C 90mg, vitamin B1 12mg, vitamin B2 15mg, vitamin B3 18mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 75mcg, biotin 150mcg, pantothenic acid 10mg, magnesium 60mg, iron 6mg, zinc 15mg, copper 1000mcg, manganese 0.5mg, selenium 150mcg, chromium 50mcg, Peruvian maca 250mg, lycopene extract 1.5mg, pine bark extract 30mg, octacosanol 3mg, inositol 40mg, L-glutathione 2.5mg, L-arginine 10mg, Siberian ginseng extract 30mg, co-enzyme Q10 2mg, L-carnitine tartarate 50mg, citrus bioflavonoids 10mg.
Local Distributor: Kemimport Ltd.

MAGNOLIA
Magnolia glauca

Family: Magnoliaceae
Medicinal Parts: Bark.

Indications:
Principal: Stomach pain, gastroenteritis, flatulence, vomiting & diarrhoea associated with indigestion, poor appetite, fullness & distension of the abdomen[28, 294].
Major: Fever (malarial fever, fever of a typhoid type), pain & inflammation of rheumatism & gout, upper respiratory tract infections & spasms including asthma, coughs, profuse phlegm in the lungs, shortness of breath and fullness & pressure in the chest area[294].
Minor: Obesity & weight management, substitute for tobacco[294].

Contraindications: Pregnancy, breast-feeding[294].

Side-effects: None known.

Drug interactions: None known.

Dose: 600mg as a powder or liquid extract once or twice daily at mealtimes[28, 294].

Magnolia Extract (HealthAid)
Tablets; Magnolia extract 500mg (standardised to contain 2% Honokiol), Philodendron amurense extract 250mg (standardised to contain 0.1% berberine), passionflower extract (1:4) 120mg.
Local Distributor: Galea & Galea

Tranquil™ (HealthAid) see Hawthorn

MAIZE
see Corn Silk

MALLOW (High Mallow)
Malva sylvestris

Family: Malvaceae
Medicinal Parts: Leaves, roots, flowers.

Indications:
Principal: Cough, bronchitis, inflammation of the mouth & pharynx[28, 295].

Major: Gastroenteritis, bladder complaints, wound management (used externally for the latter indication)[28].

Cautions/Contraindications: None known.

Side-effects: None known in conjunction with the proper

administration of designated therapeutic dosages.

Dose: Average daily dose: 5 gm of the drug; Tea: drink 2 to 3 times a day[28].

Alkagin® (Istituto Ganassini)
Cleansing solution, ovules; Extracts of mallow, linden & calendula.
Gel; Mallow extract, linden extract, marigold extract, aloe vera, peppermint, panthenol, hyaluronic acid, hydrolyzed glycosaminoglycan.
Powder; Mallow extract, calendula extract, linden extract, extracts from wheat, rice and corn grains, tapioca starch, zinc oxide, ethyl linoleate, ethyl linolenate, tocopheryl acetate.
Wipes; Mallow, calendula, linden, potassium glycyrrhizate, vitamin E (tocopherol acetate).
Local Distributor: E.J. Busuttil Ltd.

Erbalax® Delicato Capsule (Erba Vita) see Rhubarb

MARIGOLD
Calendula officinalis

Family: Asteraceae/Compositae
Medicinal Parts: The flowers are primarily used, but the stems, younger leaves, seeds and roots all have medicinal properties.

Indications:
Principal: Poorly healing wounds[296], minor burns & scalds (including sunburns)[297, 298], mosquito bites & bee stings, cuts, sprains, bruises, inflammatory skin lesions[296, 298, 5, 9, 14, 19, 28, 302] [External use].
Major: Varicose veins, haemorrhoids, crural ulcer[300], prophylaxis & treatment of bedsores, conjunctivitis[299, 301, 5, 9, 14, 19, 28] [External use].
Minor: Gastric & duodenal ulcers, gastrointestinal inflammatory disorders[296], gingivitis, amenorrhoea, dysmenorrhoea, epistaxis[301, 5, 9, 19, 28] [Internal use].
Others: Eczema, proctitis, frostbite[299, 5, 19, 28] [External use].

Cautions: Patients with confirmed allergy to herbs or foods from the Compositae family[5, 14].

Contraindications: Internal use in pregnancy[19].

Side-effects: Irritant dermatitis[5, 14, 28].

Drug interactions: None known.

Dose: *Dried herb*: 1-2 gm as an infusion daily in divided doses; *Liquid extract* (1:2): 15-30 ml/week for internal use or 1.5-4.5 ml/day in divided doses; dilute 1:3 for external application; *Tincture* (1:5): 0.3-1.2 ml three times daily[5].

Alkagin® (Istituto Ganassini) see Mallow

Calendula (HealthAid)
Cream; Sweet almond oil, calendula, lavender oil, ylang-ylang.
Local Distributor: Galea & Galea

Calendula Cream (Nelsons)
Cream; *Calendula officinalis* tincture 0.9% v/w.
Local Distributor: Serolf Trading Agency

Hypercal™ (Nelsons)
Cream; *Calendula officinalis* tincture 0.45% v/w, *Hypericum perforatum* tincture 0.45% v/w.
Local Distributor: Serolf Trading Agency

Organic Aloe Vera (dr.organic®) see Aloe Vera

Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula (dr.organic®) see Aloe Vera

Otolaya (Inebios)
Nasal spray solution; Himalaya salt rich in trace elements including copper, *Calendula officinalis*, glycerine.
Local Distributor: Pharmacos Ltd.

Silvia® Women Formula (Alta Care) see Guarana

MARSHMALLOW
Althaea officinalis

Family: Malvaceae
Medicinal Parts: Leaf, root.

Indications:
Internal
Principal: Dry irritating coughs[303], respiratory catarrh & bronchitis, irritation & inflammation of the oral and pharyngeal mucosa[304, 305, 8, 9, 19, 28].
Major: Digestive tract disorders (including enteritis & peptic ulcer[304]), urinary tract disorders (including cystitis & urethritis)[305, 9, 19].
External
Principal: Mouth & throat inflammations (as a gargle)[304, 8, 9, 19, 28].
Major: Skin disorders including abrasions, fissures, insect stings, boils, abscesses & ulcers[9, 19].

Cautions: Marshmallow may interfere with existing hypoglycaemic therapy[9].

Contraindications: None known.

Side-effects: None known.

Drug interactions: Concurrent use may result in impaired drug absorption. Administration of marshmallow should be separated by at least two hours from that of other orally-administered drugs[28].

Dose: Up to three times daily: dried leaf, 2-5 gm as an infusion or equaivalent preparation; liquid extract (1:1 in 25% ethanol), 2-5 ml. Topically: 5% powdered leaf in an ointment base[9, 19].

Altaflora® Transit (Alta Care) see Rhubarb

MATÉ
Ilex paraguariensis

Family: Aquifoliaceae
Medicinal Parts: Leaf.

Indications:
Principal: Mental & physical fatigue, headache[8, 9, 19, 28, 306].
Major: Mild depression, rheumatic pains[9, 19, 28, 307].
Minor: Adjuvant in slimming regimens[14], oliguria[19].
Others: As a prophylaxis against fever and infection[28].

Cautions: Hypertension, cardiac disorders, pregnancy, lactation[9].

Contraindications: None known.

Side-effects: Anxiety, tremors, palpitations, withdrawal headaches, nervousness, restlessness, insomnia[9, 14].

Drug interactions: Centrally acting drugs, OTC nasal decongestants, sedating antihistamines, antinausea agents. The metabolic clearance of caffeine from the body may be enhanced or retarded by concomitant use of certain other drugs[14, 19].

Dose: Three times daily: 1-2 gm of dried leaf or an equivalent preparation such as an infusion or liquid extract 1:1 in 25% alcohol[19].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

4.3.2.1 Shape Up Day & Night (Arkopharma) see Green Tea

4.3.2.1 Shape Up Organic (Arkopharma) see Green Tea

4.3.2.1 Shape Up Ultimate (Arkopharma) see Fenugreek

Biofreeze® Pain Relieving Gel (Biofreeze)
Gel; Natural menthol, *Ilex paraguariensis* extract.
Local Distributor: Collis William Ltd.

Zotrim (Nature's Remedies)
Tablets; Maté extract 27.5%, guarana extract 23.3%, damiana extract 9%.
Local Distributor: Collis Williams Ltd.

MEADOWSWEET
Filipendula ulmaria

Family: Rosaceae
Medicinal Parts: Aerial parts.

Indications:
Principal: Supportive therapy for colds, cough, bronchitis, fever, gastrointestinal conditions (hyperacidity, acidic dyspepsia, peptic ulceration)[5, 8, 9, 28, 45, 308].
Major: Conditions associated with mild to moderate pain – rheumatism of joints & muscles[5, 9, 28, 308].

Minor: Gout, bladder & kidney disease[5, 9, 28, 308].

Cautions: Asthmatics[9].

Contraindications: Salicylate sensitivity, pregnancy[5, 9, 45].

Side-effects: None known.

Drug interactions: Anticoagulant or antiplatelet drugs (warfarin, aspirin, simple analgesics)[5, 14, 308].

Dose: *Fresh flowers*: 2.5-3.5 gm/day; *fresh herb*: 4-5 g/day; *Infusion*: Steep 2-3 gm in 150 ml boiled water for 10 minutes and drink as hot as tolerable; *fluid extract*: (1:1) (gm/ml): 2-3 ml/day[5].

2-Day DetoxPlan (HealthAid) see Milk Thistle

Altacura® Broncotuss (Alta Care)
Syrup; Orange concentrate 98.65g, glycerol 1.20g, vitamin C 60mg, meadowsweet extract 20mg, propolis 14mg, orange flavour 14mg, thyme extract 10mg, eucalyptus extract 10mg, sodium methyl parahydroxybenzoate 10mg, potassium sorbate 10mg, aspartame 2mg, potassium acesulfame 2mg.
Local Distributor: Ultra Pharma Ltd.

Altacura® Infludrink (Alta Care)
Sachets; Lemon powder 1600mg, vitamin C 1105mg, maltodextrin 849mg, meadowsweet flower dried extract (4:1) 100mg, ginseng root dried extract 100mg, propolis dried extract 50mg, guarana seed dried extract 50mg, echinacea plant dried extract 50mg, lemon flavour 50mg, zinc oxide 18.8mg, aspartame 10mg, potassium acesulfame 10mg, silica 5mg, vitamin B6 2mg.
Local Distributor: Ultra Pharma Ltd.

Altacura® Influtuss (Alta Care)
Syrup; Lemon concentrate 96.65g, honey 2.00g, glycerol 1.20g, vitamin C 60mg, xanthane 24mg, zinc gluconate 15mg, propolis 14mg, potassium sorbate 10mg, meadowsweet extract 10mg, sodium methyl parahydroxybenzoate 10mg, aspartame 2mg, potassium acesulfame 2mg, lemon flavour 1mg.
Tablets; Sorbitol 313.4mg, papaya fruit 60.0mg, vitamin C 60.0mg, propolis 30.0mg, zinc oxide 18.7mg, magnesium stearate 5.0mg, lemon flavour 5.0mg, mint essential oil 3.0mg, silica 2.0mg, curcuma extract 2.0mg, aspartame 0.4mg, potassium acesulfame 0.4mg.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Day Burner (Alta Care) see Grapeseed

Altadrine® Night Burner (Alta Care) see Green Tea

Flodol® (Alta Care)
Patches; Meadowsweet, liquorice, arnica, horse chestnut, devil's claw, bromelain, papaya, juniper, peppermint, yu zhu, propylene glycol.
Local Distributor: Ultra Pharma Ltd.

Flodol® Artro (Alta Care)
Ampoules; Pawpaw juice 1g, pineapple juice powder 1g, magnesium citrate 150mg, lithothamne powder algae 60mg, potassium citrate 35mg, sodium citrate 20mg, iron citrate 15mg, calcium citrate 10mg, manganese chloride 1g, meadowsweet 0.5g, ginseng root 0.5g, stinging nettle aerial parts 1.5g, great burdock 1g, blackcurrant leaves 0.5g, fructose 40mg, blackcurrant natural flavor 10mg, lemon juice 150mcg, essential oils: angelica 150mcg, caraway 150mcg, coriander 150mcg, rosemary 150mcg.
Local Distributor: Ultra Pharma Ltd.

MELILOT

See Sweet Clover

MILK THISTLE

Silybum marianum

Family: Asteraceae/Compositae
Medicinal Parts: Fruit, leaves.

Indications:
Principal: Liver diseases[309, 311, 312] – hepatocyte repair, supportive treatment in patients with alcoholic liver disease[313] with cirrhosis and/or abnormal liver function, acute viral hepatitis[314], hepatitis C infection, liver damage following exposure to chemical toxins, diabetes[319], jaundice, to prevent hepatotoxicity after poisoning with the mushroom *Amanita phalloides*, chemoprevention, treatment of cancer[310, 311, 315, 5, 8, 14, 28, 45, 320].
Major: Dyspeptic complaints such as flatulence and bloating[310], hypercholesterolaemia[309, 317], to stimulate milk production[318], depression[319, 5, 28, 45].
Minor: Loss of appetite, haemorrhoids, psoriasis, skin cancer prevention[309, 5, 28, 45].

Contraindications: Known allergy to the Asteraceae family[5].

Side-effects: Generally well tolerated but occasionally mild GI distress – sweating, abdominal cramping, nausea, vomiting, diarrhoea & weakness[14, 28].

Drug interactions: Cisplatin, metronidazole, nifedipine, protease inhibitors, pyrazinamide, warfarin[5, 14, 28, 320].

Dose: Average daily recommended dose: 12-15 gm of milk thistle seed in divided doses; Liquid extract (1:1): 4-9 ml/day; liquid extract (1:2): 30-60 ml/week[5].

2-Day DetoxPlan (HealthAid)
Liquid; Milk thistle extract (1:3), tamarind pulp concentrate (4:1), dandelion root extract (1:3), artichoke leaf extract (1:3), meadowsweet herb extract (1:3), burdock extract (1:3), oregon grape root extract (1:3), liquorice root extract (1:3), fennel seed extract (1:3), yellow dock root extract (1:3), swedish bitters extract (1:3), prune juice.
Local Distributor: Galea & Galea

Diaglucoforte™ (HealthAid) see Karela

Herbal Female Complex (Solgar) see Black Cohosh

High Strenght Milk Thistle Extract (Lifeplan)
Tablets; Milk thistle 175mg of which silymarin 140mg.
Local Distributor: Kemimport Ltd.

Livercare® (HealthAid)
Prolonged release tablets; Milk thistle seed powder 250mg, dandelion root

powder 100mg, barberry root powder 100mg, turmeric powder 100mg, artichoke powder 100mg, methionine 100mg, choline 100mg, inositol 100mg, taurine 100mg.
Local Distributor: Galea & Galea

Milk Thistle (Arkopharma)
Capsules; Milk thistle powder.
Local Distributor: Pharmacos Ltd.

Milk Thistle (A.Vogel)
Liquid; Each ml contains tincture of milk thistle fruit (1:2) 923mg equiv. to 461mg fruit.
Local Distributor: Health Plus

Milk Thislte (HealthAid)
Liquid; Milk thistle extract 1:3 (equiv. of 330mg of milk thistle herb) in 1ml.
Tablets; Milk thistle powder 125mg, milk thistle extract 15mg standardised for min. 80% silymarin (equiv. to 375mg of milk thistle powder).
Local Distributor: Galea & Galea

Milk Thistle (Power Herbs)
Tablets; Milk thistle extract 125mg (providing silybin 100mg).
Local Distributor: Kemimport Ltd.

Milk Thistle 4500mg (Lamberts)
Tablets; Milk Thistle 8580mg (provided by 286mg of a 30:1 extract) providing silymarin 200mg.
Local Distributor: Health Plus

Milk Thistle & Artichoke (Higher Nature)
Capsules; 200mg milk thistle standardised extract (80% silymarin, 30% silibin), 150mg artichoke leaf standardised extract (2.5% cynarin), 50mg schizandra fruit extract 5:1, 20mg Echinacea (*Echinacea purpurea*) extract 4:1.
Local Distributor: Health Plus

Milk Thistle Complex (HealthAid)
Tablets; Milk thistle seed powder 250mg, dandelion root powder 100mg, barberry root powder 100mg, turmeric powder 100mg, artichoke powder 100mg, choline citrate 100mg, inositol 100mg, taurine 100mg, methionine 100mg.
Local Distributor: Galea & Galea

Milk Thistle Herbal Complex (Vega)
Capsules; Milk thistle seed extract 100mg (min. 80% silymarin, 30% silybin); milk thistle seed powder 100mg (equiv. to 200mg milk thistle seed herb); Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 320mg; prebiotic acacia gum 160mg.
Local Distributor: Alfred Gera & Sons Ltd.

Milk Thistle Herb Extract (Solgar)
Vegicaps; Raw milk thistle herb powder 300mg, standardised milk thistle seed powdered extract 175mg (total flavonoids including silymarin 140mg [80%]), PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

Milk Thistle Plus (FSC)
Capsules; Milk thistle extract 125mg (standardised to 80% silymarin), oregan grape powder 50mg, dandelion 50mg, schisandra root 50mg, curcmin white herb 50mg, artichoke leaf 50mg, burdock whole root 50mg.
Local Distributor: Kemimport Ltd.

MINT
see Peppermint

MUIRA-PUAMA
Ptychopetalum olacoides

Family: Olacaceae
Medicinal Parts: Roots, bark.

Indications:
Principal: Prevention of sexual disorders, to promote sexual function[28, 321, 323].
Major: Depression, to enhance memory, nervousness[28, 321, 322, 323].
Minor: Diarrhoea, loss of appetite[28].

Cautions: Use with caution if taking medicines that act on the central nervous system[321].

Contraindications: None known.

Side-effects: None known.

Drug interactions: Analgesics, anticoagulants, anti-platelets, MAOIs, SSRIs, steroid hormones[324].

Dose: Daily dose for internal use: 0.5 gm of drug; for liquid extract and decoction: 0.5 to 2 ml 3 times daily; for external use, the herb can be added to baths[28].

Chalet® Hair Stimulant (Alta Care) see Saw Palmetto

Gentlemen's Three™ (HealthAid) see Ginseng Korean

Herbal 3 (HealthAid) see Pumpkin

Herbal Booster™ (HealthAid) see Guarana

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Muira Puama (HealthAid)
Liquid; Muira Puama extract 1:3 (equiv. of 330mg of muira puama herb) in 1ml.
Tablets; Muira Puama leaf extract and raw powder (4:1) 140mg equiv. to 560mg of muira puama leaf powder.
Local Distributor: Galea & Galea

MULLEIN
Verbascum densiflorum

Family: Scrophulariaceae
Medicinal Parts: Flower.

Indications:
Principal: Bronchitis, tracheitis, coughs & colds, catarrh of the upper respiratory tract, asthma[5, 28, 45, 325].
Major: Wounds, burns, bruises, haemorrhoids, pruritis, to soften the skin, chronic otitis media (topical use)[5, 45].
Minor: Inflamed mucosa, sore throat[5, 45].

Cautions/Contraindications: None known.

Side-effects: Contact dermatitis[5].

Drug interactions: None noted.

Dose: *Fluid extract* (1:1): 1.5-2 ml twice daily; *tincture* (1:5): 7.5-10 ml twice daily; *Dried leaf*: 12-24 gm/day; *decoction*: 1.5-2 gm of herb in 250 ml of cold water, bought to boil for 10 minutes, taken twice daily[5].

Herbal Booster™ (HealthAid) see Guarana

Tusserbe® Fluid (ESI)
Syrup; Mountain pine 6ml, small plantain 6ml, thyme 6ml, mullein 6ml.
Local Distributor: Collis Williams Ltd.

MYRRH
Commiphora molmol

Family: Burseraceae
Medicinal Parts: Gum resin, stem, leaves.

Indications:
Principal: Oral or pharyngeal inflammation, bed sores, minor wounds, haemorrhoids[326] [externally as a tincture], respiratory conditions, mouth ulcers, gingivitis[327] [as a mouthwash], pharyngitis [as a gargle], respiratory catarrh[326, 328, 329, 5, 9, 14, 28, 45].
Major: Hyperlipidaemia, hypercholesterolaemia, hypertriglyceridaemia[5].
Minor: Dysmenorrhoea, amenorrhoea, menopausal symptoms[328, 5].
Others: Schistosomiasis[329], acne[5].

Contraindications: Known allergy, pregnancy[5, 28].

Side-effects: Restlessness, mild abdominal discomfort, GI symptoms such as diarrhoea & nausea[5, 14].

Drug interactions: Diabetic medication, lipid-lowering medication, anticoagulant & antiplatelet medication, diltiazem, propranolol[5, 28].

Dose: Three times daily: Myrrh

tincture (1:5, 90% ethanol). For external use apply undiluted tincture. As a gargle or mouthwash: 5ml of tincture in a glass or water[45].

Ad-muc® (Merz) see Chamomile, German

Echinacea & Black Elderberry (Higher Nature) see Echinacea

NASTURTIUM
Tropaeolum majus

Family: Tropaeolaceae
Medicinal Parts: The whole flowering plant & the seeds.

Indications:
Principal: Recurrent urinary tract infections[330, 331, 332].
Major: Catarrh of the upper respiratory tract, cough, bronchitis[28].
Minor: Mild muscular pain, menstrual disorders, hair loss, infected & poorly healing wounds [externally][28].
Others: Scurvy, tuberculosis[28].

Contraindications: GI ulcers, kidney diseases, infants or small children[28].

Side-effects: Contact dermatitis[330].

Drug interactions: None known.

Dose: Daily dose: extract: 14.4 mg taken 3 times daily; infusion: 2 to 3 cups per day; pressed juice: 30 gm per day[28].

Slim-Rite (HealthAid) see Alfalfa

NEEM
Antelaea azadirachta

Family: Meliaceae
Medicinal Parts: Bark, leaves, branches, seeds, latex.

Indications: Inflammatory and febrile diseases (including malaria and leprosy), dyspeptic complaints, worm infestations[28].

Contraindications: None known.

Side-effects: No health hazards or side effects are known in conjunction with the proper administration of designed therapeutic dosages.

Drug interactions: None known.

Dose: There is not enough scientific evidence to safely recommend the use of neem[28].

Herbal Cream (HealthAid) see Arnica

Neem Cream (A.Vogel)
Cream; Neem leaf extract, eucalyptus, rosemary, beeswax, sunflower oil, sweet almond oil.
Local Distributor: Health Plus

Neem Leaf Herbal Complex (Vega)
Capsules; Neem leaf extract 200mg (min. 2.5% bitter principles); Vega Phytoantioxidant Base™ 85mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 136mg, prebiotic acacia gum 68mg; artemesia leaf powder 50mg; black walnut husk powder 20mg; grapefruit seed extract 20mg.
Local Distributor: Alfred Gera & Sons Ltd.

Neem Oil (A.Vogel)
Oil; Neem oil, sweet almond oil, bergamot, rosemary, eucalyptus.
Local Distributor: Health Plus

NETTLE
Urtica dioica

Family: Urticaceae
Medicinal Parts: Leaf, root.

Indications:
Principal: Benign prostatic hyperplasia[333] & difficulties in passing urine[334] (root), allergic rhinitis[335] (leaf extracts), arthritic conditions (whole nettle extracts)[5, 8, 14, 28, 45, 336].
Major: Kidney & bladder stones[5, 28], hereditary hair loss, chilblains.
Minor: Diarrhoea, colon diseases, internal bleeding, chronic skin eruptions such as eczema[5, 9, 28].
Others: Dysentery; dandruff & oily hair [externally][28].

Cautions: Known sensitivities or allergies to the herb[5, 28]; swelling or fluid retention caused by heart failure, kidney conditions (avoid use of nettle's aerial parts, especially with excessive amounts of water)[337].

Contraindications: Pregnancy[5, 28], breast-feeding, diabetic patients[337].

Side-effects: GI discomfort, allergic reactions (skin afflictions, oedema), urticaria, pruritus[5, 28, 19, 45, 337].

Drug interactions: Diuretics, antiplatelets, anticoagulants (including heparin & warfarin), antihypertensive medicines, finasteride, anticonvulsants, hypoglycaemic drugs[5, 337].

Dose:
Leaf: Dry extract: 0.6-2.1 g/day in divided doses; liquid extract (1:2): 2-6 ml/day.
Root: 4-6 g/day cut root[5, 9].

Allergforte™ (HealthAid)
Tablets; Stinging nettle extract 100mg, elderberry powder 50mg, bromelain powder 50mg, ginger powder 50mg, chickweed powder 50mg, turmeric extract (4:1) 31.5mg, querceptin 75mg, vitamin C 30mg.
Local Distributor: Galea & Galea

Altadrine® Lipodrainer (Alta Care)
Syrup; Ananas concentrated juice 6425mg, sugar free honey 3000mg, bromelaine 250mg, carrot powder 150mg, stinging nettle leaf 80mg, kola nut 50mg,

bitter orange fruit 50mg, green tea leaf 50mg, tomato powder 50mg, paullina cubana 30mg, fennel fruit 30mg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Night Burner (Alta Care) see Green Tea

Carbogas (Sella) see Fennel

Chalet® Hair Stimulant (Alta Care) see Saw Palmetto

Cysticare® (HealthAid) see Cranberry

Flodol® Artro (Alta Care) see Meadowsweet

MSM Glucosamine Joint Complex (Higher Nature) see Celery

Nettle Leaf (HealthAid)
Liquid; Nettle leaf extract 1:4 (equiv. of 250mg of nettle leaf herb) in 1ml.
Tablets; Nettle leaf extract and raw powder (4:1) 140mg equiv. to 560mg of nettle leaf powder.
Local Distributor: Galea & Galea

Prostavital® (HealthAid) see Pumpkin

Urtica (A.Vogel)
Liquid; Tincture of organically grown fresh stinging nettle leaves and root, extracted in alcohol (50% v/v).
Local Distributor: Health Plus

OATS
Avena sativa

Family: Poaceae
Medicinal Parts: The whole flowering plant, including the oat straw and the seed.

Indications:
Principal: Hyperlipidaemia[338, 339], hypertension[340], pruritus, blood sugar regulation (diabetes)[341].
Major: Libido, exhaustion, insomnia, anxiety, neurasthenia, GI complaints, consequences of nicotine abuse[5, 8, 28].
Minor: Rheumatism, bladder weakness, gout, kidney ailments[28].

Cautions: Oat bran products should be taken with large amounts of water to assure that the fiber is well dispersed in the bowel[28].

Contraindications: Patients with coeliac disease, intestinal obstruction[5, 28].

Side-effects: Flatulence, anal irritation[5].

Drug interactions:
Antihypertensives, lipid-lowering medications including statins[5, 28].

Dose: 1-4 gm three times daily of oatmeal or straw; 20-40 ml/week 1:2 tincture[5].

CarbonFlor® (Erba Vita) see Aniseed

Cholestro-Vit Formula (Vega) see Garlic

Colestroforte™ (HealthAid) see Fenugreek

Femmevit® (HealthAid) see Starflower

Gastro-Vit Formula (Vega) see Aloe Vera

Hi-Active Formula (Vega)
Capsules; Oat straw extract 10:1 equiv. to herb 500mg, starflower seed oil powder 33% 100mg (min. 20% GLA), soy lecithin powder 67mg, vitamin C 30mg, choline bitartrate 20mg, inositol 20mg, niacin 18mg, L-glutamine 10mg, L-tyrosine 10mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 2.4mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Oat Seed (HealthAid)
Liquid; Oat seed extract 1:2 (equiv. of 500mg of oat seed herb) in 1ml.
Local Distributor: Galea & Galea

Passiflora Complex (A.Vogel) see Passionflower

Premenstrual Formula (Vega)
Capsules; Oat straw extract 10:1 equiv. to herb 250mg, evening primrose seed oil powder 33% 100mg (providing min. 10% GLA), magnesium oxide 100mg, niacin 36mg, vitamin C 30mg, green tea leaf extract 20mg (min. 40% polyphenols), vitamin E 20mg, pantothenic acid 12mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, beta carotene 2.4mg, folate 400mcg, manganese 0.25mg, chromium 200mcg, selenium 100mcg, selenium 100mcg, iodine 75mcg, copper 50mcg, vitamin B12 2mcg.
Local Distributor: Alfred Gera & Sons Ltd.

OLIVE
Olea europaea

Family: Oleaceae
Medicinal Parts: Fruit, leaf.

Indications:
Olive leaves
Principal: Arteriosclerosis, hypertension[342, 343, 344].
Major: Symptomatic relief in osteoarthritis, rheumatoid arthritis[342], gout, fever, asthma, tonsillitis, pharyngitis, diabetes[343].
Minor: Bacterial (such as bronchitis & tonsillitis), fungal (such as vaginal candidiasis, *Tinea pedis* & *Tinea capitis*) and viral infections (such as herpes simplex)[342, 344].

Olive Oil
Principal: Hypertension, hypercholesterolaemia[345, 346], psoriasis, eczema, sun burn, mild burns, rheumatism[28].
Major: Used as a laxative to soften impacted faeces, gallbladder inflammation, flatulence[5], cancer prevention (prostate, colon & breast)[345, 346].
Minor: Roemhel syndrome, GI ulcers, kidney stones[5, 28].

Cautions: Known allergies to the Oleaceae family of plants[5], biliary tract stones[28].

Contraindications: None known.

Side-effects: Seasonal respiratory allergies[5].

Drug interactions: Hypoglycaemic agents, hypertensive agents[5].

Dose:
Olive leaf extract: 5ml three times daily with water or juice if necessary.
Olive oil: Should replace dietary intake of saturated fats and be consumed as part of a Mediterranean style diet[5].

Candaway™ (Lamberts) see Cinnamon

Echinacea & Black Elderberry (Higher Nature) see Echinacea

Olive Leaf Extract (Power Herbs) Tablets; Olive leaf extract 450mg (6% oleuropein 27mg).
Local Distributor: Kemimport Ltd.

Organic Lavender (dr.organic®) see Lavender

Tea Tree (Bios Line) see Tea Tree

OREGON GRAPE
Mahonia aquifolium

Family: Berberidaceae
Medicinal Parts: Roots.

Indications:
Principal: Scaly skin, psoriasis[347], eczema[348].
Major: Bronchitis, diarrhoea, gastritis, cholecystitis, liver & gallbladder conditions[28, 349].

Contraindications: Pregnancy[28].

Side-effects: No health hazards or side effects are known in conjunction with the proper administration of designed therapeutic dosages[28].

Drug interactions: None known.

Dose: *Fluid extract*: 10-20 drops diluted and taken every 3-4 hours as needed; *Tincture*: 20-40 drops per day; *standardized alkaloid extracts*: 250 mg per day[350].

2-Day DetoxPlan (HealthAid) see Milk Thistle

PAPAYA

Carica papaya

Family: Caricaceae
Medicinal Parts: Leaves, fruit.

Indications:
Principal: GI digestion complaints, inflammations and ulcers in the gastro-duodenal area[14, 28, 351, 352].
Major: Pancreas excretion insufficiency, intestinal parasites[353].
Minor: Damage to the urinary tract & stones, haemorrhoids, diabetes[14, 28].
Others: Cough, bronchitis[28].

Contraindications: Pregnancy, patients taking oral anticoagulants[14, 28].

Side-effects: Allergic reactions, including asthma attacks[28].

Drug interactions: Anticoagulants[28].

Dose: Dosage depends on the composition of the enzyme substitute preparation[28].

50 Plus Once A Day (Quest) see Buckwheat

Altacura® Influtuss (Alta Care) see Meadowsweet

Altacura® Influtuss Extra (Alta Care)
Tablets; Sorbitol 313.4mg, papaya fruit dried extract 60.0mg, vitamin C 60.0mg, propolis dried extract 30.0mg, zinc oxide 18.7mg, magnesium stearate 5.0mg, lemon flavour 5.0mg, mint essential oil 3.0mg, silica 2.0mg, curcuma 2.0mg, aspartame 0.4mg, potassium acesulfame 0.4mg.
Local Distributor: Ultra Pharma Ltd.

Altadrine® Day Burner (Alta Care) see Grapeseed

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Bromelain Complex (Vega) see Aloe Vera

Day-vit® Probio (HealthAid) see Buckwheat

Dietrim (Vitabiotics) see Cinnamon

DigestivAid No Acid (ESI) see Licorice

Digestizyme® (Lamberts)
Capsules; Papain 50,000PU, bromelain 120,000PU, lipase 125LU, amylase 5000DU, protease 4.5 10,000HUT, protease 3.0 10SAPU, glucoamylase 9AGU, cellulase 200CU.
Local Distributor: Health Plus

Digeston™ (HealthAid)
Tablets; Papain 80mg, papaya enzyme 5mg, bromelain 50mg, pepsin 150mg, betain hydrochloride 100mg, pancreatin 75mg, amylase 10mg, protease 10mg.
Local Distributor: Galea & Galea

Enzyme Digest (Quest)
Tablets; Papain 4.17mg, amylase 10mg, lipase 5.56mg, bromelain 5mg, betaine HCl 100mg, peppermint oil 0.25mg.
Local Distributor: Pharma MT Ltd.

Flodol® (Alta Care) see Meadowsweet

Flodolor® Flexi (Alta Care)
Syrup; Ananas juice 5390mg, honey sugar free 3000mg, papaya 600mg, ananas 500mg, olmaria 250mg, devil's claw 200mg, ananas aroma 50mg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

Healthy Mega (HealthAid) see Buckwheat

Herbal Booster™ (HealthAid) see Guarana

Neuralta® Plus (Alta Care)
Syrup; Ananas juice 5390mg, royal jelly 1600mg, honey sugar free 1289mg, papaya 600mg, ananas 500mg, olmaria 250mg, devil's claw 200mg, ananas aroma 50mg, vitamin B1 100mg, vitamin B6 10mg, vitamin B12 1000mcg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

Silvia® Feminin Formula (Alta Care) see Hops

Super Once A Day Timed Release (Quest)
Tablets; Vitamin A 750mcg, beta carotene 6mg, alpha carotene 90mcg, cryptoxanthin 21.2mcg, zeaxanthin 18mcg, lutein 13.6mcg, folacin 200mcg, biotin 50mcg, vitamin C 150mg, vitamin D 10mcg, vitamin E 34mg, thiamin 39mg, riboflavin 50mg, niacin 50mg, vitamin B6 41mg, vitamin B12 50mcg, pantothenic acid 50mg, calcium 158mg, phosphorus 91mg, iron 15mg, magnesium 60mg, zinc 10mg, iodine 100mcg, manganese 1mg, copper 1000mcg, molybdenum 25mcg, chromium 25mcg, selenium 32.5mcg, vanadium 25mcg, choline bitartrate 50mg, inositol 50mg, methionine 50mg, PABA 50mg, bioflavonoids 28.6mg, lysine HCl 22mg, lecithin 100mg, papain 2mg, rutin 2mg, hesperidin 10mg, betaine HCl 12mg, cysteine 0.6mg.
Local Distributor: Pharma MT Ltd.

PARSLEY

Petroselinum crispum

Family: Umbelliferae
Medicinal Parts: Leaf, root, seed.

Indications:
Principal: Urinary tract complaints including cystitis, dysuria & renal gravel[8, 9, 19, 28, 354, 355].
Major: Digestive complaints such as flatulence, dyspepsia & intestinal colic[8, 9, 19, 28, 45].
Minor: Dysmenorrhoea, functional amenorrhoea, myalgia (internal or topical use), rheumatic conditions[9, 19, 354, 355].

Contraindications: Pregnancy, lactation[9, 28], inflammatory kidney disorders[19, 45].

Side-effects: Rarely contact allergic reactions of skin[19, 28].

Drug interactions: Lithium, warfarin[354].

Dose: Three times daily: dried herb, 2-4 gm or in infusion; liquid extract (1:1 in 25% alcohol), 2-4 ml[45].

Aquaflow® (HealthAid) see Dandelion

Colonease (HealthAid) see Aloe Vera

Cysticare® (HealthAid) see Cranberry

Formula VM-75 (Solgar) see Buckwheat

Interfresh™ (HealthAid)
Capsules; Safflower oil 65mg, parsley seed oil 15mg, peppermint oil 15mg, chlorophyll 3mg, menthol 0.75mg.
Local Distributor: Galea & Galea

Prostate Formula (Vega) see Saw Palmetto

Slim-Rite (HealthAid) see Alfalfa

Vegilax® (HealthAid) see Blessed Thistle

Vitamin B6 (Quest)
Tablets; Vitamin B6 50mg, parsley leaf powder 12.5mg (equiv. to 50mg parsley leaf powder).
Local Distributor: Pharma MT Ltd.

PASSIONFLOWER

Passiflora incarnata

Family: Passifloraceae
Medicinal Parts: Aerial parts, particularly leaves.

Indications:
Principal: Anxiety[357, 358], nervous restlessness[8], insomnia[5, 9, 14, 45, 356, 359].
Major: Generalised seizures[360], neuralgia[5, 9, 356, 359].
Minor: Diarrhoea, dysmenorrhoea[14], decreased libido[5, 359].
Others: Haemorrhoids (externally)[28], opiate addiction[5], cough, cancer[359].

Caution: Pregnancy[5].

Side-effects: Drowsiness is possible with excessive doses[5].

Drug interactions: Benzodiazepines (additive effects at high doses), barbiturates (additive CNS effects), anticoagulants (increased risk of bleeding)[5, 356].

Dose: Up to four times daily: dried herb 0.5-2 gm, liquid extract (1:1 in 25% ethanol) 0.5-2 ml, tincture (1:8 in 25% ethanol) 2-4 ml[45].

Calma Baby (Erba Vita) see Linden

Magnolia Extract (HealthAid) see Magnolia

Magnolia, Valerian, St. John's Wort Complex (HealthAid) see Hoodia

Natracalm Passiflora (Natra)
Tablets; *Passiflora incarnata* extract (7:1) 71.4mg.
Local Distributor: Collis Williams Ltd.

Night Time Formula (HealthAid) see Valerian

No-Gas® enzimi (Giuliani) see Ginger

Passiflora (HealthAid)
Tablets; Passiflora extract 250mg (equiv. to 1000mg passiflora powder).
Local Distributor: Galea & Galea

Passion Flower (HealthAid)
Liquid; *Passiflora incarnata* 1:4 (equiv. of 250mg of passionflower herb) in 1ml.
Local Distributor: Galea & Galea

Phytocalm (Arkopharma)
Capsules; Passiflora powdered dried aerial parts 230mg.
Local Distributor: Pharmacos Ltd.

Quiet Life (Lanes) see Hops

Sedivitax (Aboca)
Capsules; Passionflower leaves multi-fractionated lyophilized concentrate, valerian powdered root, lemon balm leaf powder, California poppy tops powder, valerian root lyophilized concentrate, lemon balm leaves lyophilized concentrate, marjoram essential oil, lavender essential oil.
Local Distributor: Pharma MT Ltd.

Tranquil™ (HealthAid) see Hawthorn

PAU D'ARCO

Tabebuia avellanedae

Family: Bignoniaceae
Medicinal Parts: Inner bark.

Indications:
Principal: Candida & yeast infections, colds, flu and other upper respiratory bacterial and viral infections[14, 360, 361].
Major: Urinary tract infections, GI problems, constipation, psoriasis, dermatitis, arthritis, diabetes, bladder & prostate infections, ulcers [14, 360, 361].
Minor: Allergies, sexually transmitted diseases (syphilis, gonorrhea), cancer & leukemia[360, 361].

Contraindications: Children, pregnant women[14].

Side-effects: Nausea & vomiting, bruising & bleeding at higher doses[14].

Drug interactions: Oral anticoagulants, NSAIDs[14].

Dose: One-half to one cup bark and/or heartwood decoction taken orally 2-4 times daily[360].

Candiclear (Higher Nature) see Thyme

Pau D'Arco (HealthAid)
Liquid; Pau D'Arco extract 1:4 (equiv. of 250mg of Pau D'Arco herb) in 1ml.
Local Distributor: Galea & Galea

PEONY

Paeonia officinalis

Family: Paeoniaceae
Medicinal Parts: Roots, seeds, flowers.

Indications:
Roots
Major: Neurasthenia, neuralgia, migraines, allergic disorders such as excitability, epilepsy.
Minor: Whooping cough, cramps, rheumatism[28].
Flowers
Major: Epilepsy, menstrual cramps & irregularities, fissures (including those associated with haemorrhoids), ailments of the respiratory tract.
Minor: As an emetic, abortifacient, for diseases of the skin & mucous membranes, gout, rheumatoid arthritis[28].

Cautions/contraindications: None known.

Side-effects: Gastroenteritis with vomiting, colic and diarrhoea[28].

Drug interactions: None known.

Dose: *Flowers*: One cup of infusion daily; *Root*: tincture: 30 to 50 drops daily[28].

PEPPERMINT

Mentha piperita

Family: Lamiaceae
Medicinal Parts: Leaf, stem.

Indications:
Principal: Irritable bowel syndrome[14, 362, 363], nervousness, anxiety, stress.
Major: Daytime sleepiness, fatigue, low mood, neuralgia, myalgia[5, 8, 28, 367]; symptomatic treatment of digestion problems including dyspepsia[364], flatulence, gastritis, enteritis; spasmodic complaints of the GI tract, as well as the gall bladder & bile ducts[45, 365, 5, 8, 28, 366].
Minor: Headache; postoperative nausea; respiratory tract infections[5, 8, 28].
Others: Decreased libido, hiccups, menorrhagia[5].

Cautions: Avoid non-enteric-coated peppermint in patients with reflux oesophageal symptoms, avoid chewing enteric-coated capsules as it may cause heartburn, avoid use of peppermint oil on the face of infants and small children[5].

Contraindications: Hypersensitivity to peppermint oil, biliary duct occlusion, gall bladder inflammation, severe liver damage, early pregnancy[5, 8, 14, 28, 45].

Side-effects: Contact dermatitis[5, 28].

Drug interactions: Felodipine, simvastatin, cyclosporin, drugs metabolised by the CYP3A4 liver enzyme, digitalis glycosides, caffeine, food (may compromise the enteric coating of some commercially available peppermint oil capsules)[5, 366].

Dose: Average daily dose: 3 to 6 gm of drug, 5 to 15 gm of tincture; equivalent preparations[5, 28, 45].

Alkagin® (Istituto Ganassini) see Mallow

Altacura® Influtuss (Alta Care) see Meadowsweet

Altacura® Influtuss Extra (Alta Care) see Papaya

Altaflora® Gastrogel (Alta Care) see Aloe Vera

Altaflora® Transit (Alta Care) see Rhubarb

Broncovit® (Erba Vita) see Grindelia

CarbonFlor® (Erba Vita) see Aniseed

Colonease (HealthAid) see Aloe Vera

Enzyme Digest (Quest) see Papaya

Erbalax® Forte Compresse (Erba Vita) see Senna

Essential Oil of Peppermint (Power Herbs)
Capsules; Peppermint essential oil 50mg.
Local Distributor: Kemimport Ltd.

Finocarbo Plus (Aboca) see Fennel

Flodol® (Alta Care) see Meadowsweet

Gastro-Vit Formula (Vega) see Aloe Vera

Herbal Cream (HealthAid) see Arnica

Interfresh™ (HealthAid) see Parsley

Karbofin Forte (ESI) see Fennel

Migrastick (Arkopharma)
Roll-on; Peppermint 35%, lavender oil 17%, isopropyl myristate 48%.
Local Distributor: Pharmacos Ltd.

Natural Herbal Inhalant Oil (Numark) see Eucalyptus

Neuralta® Migren (Alta Care)
Patches; Peppermint, scotch pine, eucalyptus, cloves, sweet orange, lemon.
Local Distributor: Ultra Pharma Ltd.

Peppermint Oil (Lamberts)
Capsules; Peppermint oil 50mg.
Local Distributor: Health Plus

Potter's Sugar Free Cough Pastilles see Licorice

Snoreeze Oral Strips (Snoreeze)
Strips; Pectin, water, glycerine, peppermint oil, cellulose, sorbitan stearate, polysorbate 60, vitamin E, menthol, aspartame, potassium sorbate, sodium saccharin, acesulfame K, hyaluronic acid, guar gum, citric acid, brilliant blue FCF.
Local Distributor: Svea Distributors Co. Ltd.

Snoreeze Throat Spray (Snoreeze)
Spray; Water, glycerine, sorbitan stearate, polysorbate 60, cellulose, peppermint oil, vitamin E, potassium sorbate, sodium benzoate, citric acid, xanthan gum, hyaluronic acid, guar gum.
Local Distributor: Svea Distributors Co. Ltd.

Venalta® (Alta Care) see Grapeseed

PINEAPPLE

*Ananas comosus**

Family: Bromeliaceae
Medicinal Parts: Fruit.

Indications:
Principal: Bruising, swollen and painful joints, wounds, burns[14, 28, 368].
Major: Post traumatic and postoperative swelling especially of the nasal and paranasal sinuses[8], inflammation, febrile conditions, digestive complaints[14, 28, 368], water retention.
Others: Constipation, amenorrhoea, dysmenorrhoea[28].

Cautions/contraindications: None known.

Side-effects: Gastric complaints, diarrhoea, dyspepsia, allergic sensitivity[14, 28].

Drug interactions: Amoxicillin, tetracycline, oral anticoagulants, platelet-inhibiting drugs[14, 368].

Dose: Adults: 500 – 2000 mg daily[28].

Altadrine® Lipodrainer (Alta Care) see Nettle

Altaflora® Gastrogel (Alta Care) see Aloe Vera

CarbonFlor® (Erba Vita) see Aniseed

Flodol® Artro (Alta Care) see Meadowsweet

* The active substance in pineapple is bromelain – a proteolytic enzyme.

Flodolor® Flexi (Alta Care) see Papaya

JointWise (Vega) see Ginger

Neuralta® Plus (Alta Care) see Papaya

Pineapple (Arkopharma)
Capsules; Pineapple powder 400mg (0.2% bromelian).
Local Distributor: Pharmacos Ltd.

PINE BARK
see Scotch Pine

PLANTAIN
Plantago major

Family: Plantaginaceae
Medicinal Parts: Fruit.

Indications:
Principal: Bronchial congestion (phlegm), inflammation of the oropharyngeal mucosa[8, 14].
Major: Intermittent fever, ulcers, sores, dyspepsia, GI complaints, diarrhoea[8, 14, 28].
Minor: Diabetes, scurvy, hypertension, gout[28].
Others: Cystitis, haematuria, haemorrhoids with bleeding and irritation[9].

Cautions: Pregnancy[9].

Side-effects: Allergic contact dermatitis[9], migraine headaches[28].

Drug interactions: None known.

Dose: *Dried leaf*: 2-4 gm or by infusion three times daily; *liquid extract* (1:1 in 25% alcohol) 2-4ml three times daily; *tincture* (1:5 in 45% alcohol) 2-4 ml three times daily[9].

POMEGRANATE
Punica granatum

Family: Punicaceae
Medicinal Parts: Root, bark, fruit, peel of fruit, flowers.

Indications:
Principal: Hypercholesterolaemia[369], hypertension, atherosclerosis, tapeworm infestation and other intestinal parasites, sore throat, candidosis associated with denture stomatitis[370, 371, 375].
Major: Diarrhoea[372], dyspepsia, malignant breast cancer[371], wounds[373, 375].
Others: Haemorrhoids, dysentery, leprosy[371], asthma & COPD[374, 375].

Contraindications: Pregnant & nursing women[28, 375].

Side-effects: Gastric irritation including cramps, vomiting and diarrhoea with high doses[28, 375].

Drug interactions: Drugs metabolised by CYP2D6, antihypertensive drugs, rosuvastatin[375].

Dose: Tapeworm treatment: *As a decoction*: 4 doses of 6ml with 2 hour intervals between doses accompanied before treatment and after treatment by a laxative. *As a macerate*: 3 doses of 65ml with a duodenal probe at 30 minute intervals; a laxative is administered after an hour[28].

Organic Pomegranate (dr.organic®)
Lip balm; Pomegranate, shea butter, beeswax, vitamin E.
Toothpaste; Pomegranate, arnica, silica, aloe vera, iceland moss, horse chestnut, tea tree.
Local Distributor: Galea & Galea

PRICKLY ASH

Zanthoxylum americanum

Family: Rutaceae
Medicinal Parts: Bark, berries.

Indications:
Principal: Rheumatic disorders, Raynaud's syndrome, fever, inflammation[9, 28, 45, 376].
Major: Colic, flatulence, intermittent claudication, toothache[9, 28, 376].
Minor: Hypotension, diarrhoea, cough, asthma, worm infestations[28].

Contraindications: Pregnancy[45].

Side-effects: None known.

Drug interactions: None known.

Dose: Three times daily: dried bark, 1-2 gm or in decoction; liquid extract (1:1, 45% ethanol), 1-2 ml; tincture (1:5, 45% ethanol), 2-5 ml[45].

V-Vein™ (HealthAid) see Horse Chestnut

PSYLLIUM

Plantago ovata

Family: Plantaginaceae
Medicinal Parts: Seed coat.

Indications:
Principal: Chronic constipation, weight loss aid (increase feeling of satiety), hyperlipidaemia (psyllium reduces LDL cholesterol & triglycerides and should be used as an adjunct to a low-fat diet)[377, 378], diabetes[379, 380], irritable bowel syndrome[381, 5, 8, 28].
Major: Disorders were easy bowel movement with a loose stool are desirable e.g. in patients with anal fissures and haemorrhoids[8, 28].
Others: Colorectal cancer[28].

Cautions: If there is difficulty in regulating diabetes mellitus[5], pancreatic insufficiency[28].

Contraindications: Partial or complete bowel obstruction, colonic impaction, stenosis of the GI tract[5, 28].

Side-effects: Flatulence; bloating; mild abdominal discomfort; allergy characterized by chest tightness, wheezing & urticaria; oesophageal obstruction (psyllium should not be consumed dry)[5, 28].

Drug interactions: Calcium, iron, zinc, lithium, coumarin derivatives, vitamin B12, cardiac glycosides (take psyllium at least 1 hour before or after ingestion of the above named compounds), hypoglycaemic agents[5].

Dose: 12 to 40 gm of the drug daily. Powder products should be administered as 1 teaspoonful (3.4 gm to 6.0 gm drug) in 8 oz. of fruit juice or cool water. Stir briskly or shake for 3 to 5 seconds depending on the specific product. Psyllium may be taken up to 3 times daily[28].

Erbalax® Delicato Sciroppo (Erba Vita)
see Rhubarb

Fibre Dophilus (HealthAid)
Tablets; Psyllium 100mg, acidophilus bifidus 17mg, acidophilus lactobacillus 5mg, microcrystalline cellulose 100mg.
Local Distributor: Galea & Galea

Ispaghula (Arkopharma)
Capsules; Ispaghula seed husk powder 430mg.
Local Distributor: Pharmacos Ltd.

Lepicol (Healthy Bowels)
Capsules, Powder; Psyllium husk fine powder, fructo-oligosaccharides, probiotic cultures.
Local Distributor: Kemimport Ltd.

Psyllium Husk 1000mg (HealthAid)
Capsules; Psyllium husk 500mg.
Local Distributor: Galea & Galea

Psyllium Husk Fibre (HealthAid)
Powder; Psyllium husk fibre.
Local Distributor: Galea & Galea

Psyllium Husk Fibre (Vega)
Capsules; Psyllium seed husk fibre 450mg.
Local Distributor: Alfred Gera & Sons Ltd.

Slimaide Formula (Vega)
Capsules; Psyllium husk fibre 60mg, conjugated linoleic acid powder 33% 250mg, acetyl L-carnitine 60mg, vitamin C 60mg, choline bitartrate 30mg, inositol 30mg, niacin 18mg, pantothenic acid 6mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, manganese 0.25mg, chromium 200mcg, folate 200mcg, selenium 100mcg, copper 50mcg, vitamin B12 1mcg.
Local Distributor: Alfred Gera & Sons Ltd.

PUMPKIN

Cucurbita pepo

Family: Curcurbitaceae
Medicinal Parts: Seeds.

Indications:
Principal: Symptomatic treatment of micturition disorders in the early stages of benign prostatic hyperplasia[19, 28, 382, 383, 384].
Major: Irritable bladder prevention, treatment of calcium oxalate kidney stones[19, 28, 384].
Minor: Intestinal parasites particularly tapeworm[28, 384].

Cautions: If used concomitantly with warfarin, monitor INR and symptoms of excessive bleeding[28].

Side-effects: None known.

Drug interactions: Warfarin.

Dose: 10-30 gm of pumkin seed, as ground seed or an equivalent amount of ethanolic extract or pumkin seed oil[19].

Bromelain Complex (Vega) see Aloe Vera

Gentlemen's Three™ (HealthAid) see Ginseng Korean

Herbal 3 (HealthAid)
Capsules; Pumpkin seed oil 100mg, korean ginseng extract (5:1) 70mg (equiv. to 350mg ginseng powder), muira puama extract (10:1) 24mg (equiv. to 240mg muira puama powder), saw palmetto extract (12:1) 13mg (equiv. to 160mg herb powder), zinc 3mg.
Local Distributor: Galea & Galea

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Prostate Formula (Vega) see Saw Palmetto

Prostavital® (HealthAid)
Capsules; 200mg pumpkin seed oil, 30mg saw palmetto berries 12:1 extract, 10mg stinging nettle 5:1 extract, 5mg pygeum bark (standardised extract, min 2% sterols), 200mg L-glutamic acid, 120mg vitamin C, 100mg magnesium, 100mg lecithin, 90mg wheatgerm oil, 60mg vitamin E, 50mg L-alanine, 25mg zinc, 10mg vitamin B6, 3mg lycopene, 500mcg copper, 50mcg chromium, 50mcg selenium.
Local Distributor: Galea & Galea

Pumpkin Seed Oil (HealthAid)
Capsules; Pumpkin seed oil 1000mg.
Local Distributor: Galea & Galea

Pumpkin Seed Oil 500mg (Power Health)
Capsules; Pumpkin seed oil 500mg providing polyunsaturated fatty acids 265mg, vitamin A 229.4mcg.
Local Distributor: Kemimport Ltd.

PYGEUM

Prunus africana

Family: Rosaceae
Medicinal Parts: Bark.

Indications:
Principal: Treatment of lower urinary tract symptoms of benign prostatic hyperplasia stages I and II, with signs such as nocturia, polyuria & urinary retention, where diagnosis of prostate cancer is negative[5, 28, 385].
Others: Impotence, reduced fertility & sexual performance, sphincter disorders, male baldness[5, 28].

Cautions: Paediatrics, pregnancy, lactation[28].

Contraindications: Hypersensitivity to the herb[5].

Side-effects: Mild GI discomfort[5].

Drug interactions: 5 α-reductase inhibitors, saw palmetto[28].

Dose: 50-100 mg twice daily of extract standardised to 12-13% sterols[5].

Prostavital® (HealthAid) see Pumpkin

RASPBERRY

Rubus idaeus

Family: Rosaceae
Medicinal Parts: Leaves, fruit.

Indications:
Principal: To facilitate parturition, diarrhoea, stomatitis, tonsillitis[5, 9, 19, 28, 386].
Major: Dyspeptic complaints, externally as a wash for superficial wounds and ulcers[5, 9, 19, 386].
Others: Painful and profuse menstruation, influenza, fever, diabetes, vitamin deficiency[8, 19].

Cautions: Peptic ulceration, GI conditions associated with inflammation. Avoid in constipation[5, 28].

Contraindications: Early stages of pregnancy. Raspberry preparations should only be taken during the final 8-10 weeks of pregnancy[9, 19].

Side-effects: GI discomfort, constipation[5, 19].

Drug interactions: Iron, calcium, magnesium (separate the administration of these substances by at least 2 hours)[5].

Dose: 2-3 times daily: dried leaf 3-4 gm, or as a 5% infusion or equivalent extract. Higher doses of up to twice this amount (maximum: 24 gm dried leaf per day) have also been recommended[19].

Raspberry Leaf Extract (HealthAid)
Capsules; Raspberry extract 125mg (equiv. to 500mg raspberry powder), raspberry powder 400mg.
Local Distributor: Galea & Galea

RED CLOVER

Trifolium pratense

Family: Fabaceae
Medicinal Parts: Flower head, leaf.

Indications:
Principal: To relief menopausal symptoms (particularly hot flushes), mastalgia, premenstrual syndrome, prostate cancer prevention[5, 28, 387, 388, 389].
Major: BPH, osteoporosis prevention[5, 390].
Minor: Eczema, psoriasis[5, 9, 28, 45, 388].
Others: Cough, bronchitis[45].

Cautions: In patients with conditions that may be aggravated by increased oestrogen level such as endometriosis or uterine fibroids[5].

Side-effects: Infertility and growth disorders have been reported in grazing animals[5, 9, 28].

Drug interactions: Anticoagulants, oestrogens, tamoxifen[5, 28, 388].

Dose:
Menopausal symptoms: 40-82 mg daily of red clover-derived isoflavones.
Osteoporosis prevention: 44-86 mg daily of red clover-derived isoflavones.
BPH symptom relief: 40-80 mg daily of red clover-derived isoflavones[5].

Menovital® (HealthAid) see Dong Quai

RHODIOLA

Rhodiola rosea

Family: Crassulaceae
Medicinal Parts: Root.

Indications:
Principal: Low mental and physical performance, fatigue, altitude sickness[28, 391, 392, 393].
Major: Stress, depression, low mood[28, 393, 395].
Minor: Anaemia, impotence, infections, GI ailments[28, 391, 392].

Contraindications: Patients with bipolar disorder[28].

Side-effects: Interfere with sleep, cause vivid dreams during the first few weeks. Therefore best to take dose early in the day[28].

Drug interactions: Pepper (diminish antidepressant effect of rhodiola)[393].

Dose: 50 to 200 mg daily[28].

AntiStress®(Erba Vita) see Maca

Rhodiola (HealthAid)
Tablets; Rhodiola root extract 350mg (standardised for min 1% salidrozid and 40% polyphenols), rhodiola root powder 150mg.
Local Distributor: Galea & Galea

Rhodiola Herbal Complex (Vega)
Capsules; Rhodiola root extract 300mg (min. 2.8% salidrosides, 70%

polyphenols), Vega Phytoantioxidant Base™ 100mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 320mg, prebiotic acacia gum 160mg.
Local Distributor: Alfred Gera & Sons Ltd.

Rhodiola Root Extract (Solgar)
Vegicaps; Standardised rhodiola root powdered extract 250mg (providing 2.5mg [1%] salidrozid, 60mg [24%] polyphenols), raw rhodiola root powder 100mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

RHUBARB

Rheum palmatum

Family: Polygonaceae
Medicinal Parts: Dried root, rhizome.

Indications:
Principal: Occasional constipation, conditions in which a soft stool is desirable, e.g. haemorrhoids[9, 28, 45, 396].
Major: Diarrhoea (at low doses)[9, 28], liver disease[396], gastroenteritis[45].
Minor: Painful teething in children, burns (externally), abdominal pain, oedema, tenesmus[28].

Cautions: Avoid by individuals suffering from arthritis, kidney disease or urinary problems[9]; pregnancy; breastfeeding[9, 28].

Contraindications: Intestinal obstruction, acute inflammatory intestinal disease, appendicitis, abdominal pain of unknown origin[28, 45].

Side-effects: Spasmodic GI complaints[28].

Drug interactions: Cardiac glycosides (long term use of rhubarb may lead to potassium deficiency)[28].

Dose:
As a *laxative*, unless otherwise prescribed, daily dose (usually taken at bedtime): preparations standardised to contain 30-100 mg of hydroxyanthracene derivatives; dried drug, 1-4 gm or in decoction.
As an *astringent* or *stomachic*: dried drug, 0.1-0.3 gm[45].

Altaflora® Transit (Alta Care)
Ampoules; Radish juice conc. 1091mg, rhubarb rhizomes 500mg, marshmallow leaves 500mg, prune concentrated juice 454mg, fructo-oligosaccharides 200mg, brewer's yeast 100mg, apple fibres 50mg, artichoke concentrated juice 50mg, peppermint essential oil 9mg.
Local Distributor: Ultra Pharma Ltd.

Erbalax® Delicato Capsule (Erba Vita)
Capsules; Micronized powders: rhubarb rhizome 246mg, alder buckthorn bark 164mg, gentian root 82mg, common mallow leaves 82mg, horehound heads 82mg. Dry extracts: fennel seed 82mg titrated and standardized 0.5% essential oil (0.41mg), dandelion root 82mg titrated and standardized 2% inulin (1.64mg).
Local Distributor: E.J. Busuttil Ltd.

Erbalax® Delicato Sciroppo (Erba Vita)
Syrup; Rhubarb rhizome dry extract 1.286g, tamarind fruit juice concentrate

1.286g, psyllium seeds micronized powder 286mg, liquorice root 143mg. Local Distributor: E.J. Busuttil Ltd.

Erbalax® Forte Compresse (Erba Vita) see Senna

Eucarbon® (Trenka) see Senna

Vegilax® (HealthAid) see Blessed Thistle

RICE

Oryza sativa

Family: Poaceae
Medicinal Parts: Seeds.

Indications:
Principal: For recovery from disorders of the GI tract; illnesses of the GI tract including stomach upsets, heartburn, indigestion, nausea, diarrhoea[28, 397].
Major: Boils, sores, swellings, skin blemishes (externally)[397].
Minor: Diabetes, spontaneous perspiration, pneumonia, diseases of the colon[28].
Others: Breast & stomach cancer, warts[397].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: The seeds are boiled in water and ingested[28]. It is recommended to follow label instructions.

Alkagin® (Istituto Ganassini) see Mallow

Colestroforte™ (HealthAid) see Fenugreek

Organic Tea Tree (dr.organic®) see Tea tree

ROSE HIP

Rosa canina

Family: Rosaceae
Medicinal Parts: Petals, rose hips with/without seeds, seeds.

Indications:
Principal: Lower urinary tract disorders, kidney stones, gallstones, prevention and treatment of colds, chills, and influenza-type infections, febrile conditions[8, 28, 398].
Major: Arthritis, rheumatic disorders, gout, biliary complaints, colic[8, 28, 398, 399].
Minor: Prevention and treatment of vitamin C deficiencies, gastric juice deficiencies[8, 28, 398].
Others: As an eyewash[8].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: 2 gm drug as a single daily dose[28].

Cellusite™ (HealthAid) see White Willow

Ester-C® 1000mg Plus Vitamin C (Solgar) see Acerola

Ester-C Formula (Vega)
Tablets; Vitamin C 240mg, citrus bioflavonoids 25mg, hesperidin 10mg, rose hip powder 10mg, rutin bean extract 10mg.
Local Distributor: Alfred Gera & Sons Ltd.

Formula VM-75 (Solgar) see Buckwheat

Hip & Thigh Formula (HealthAid) see White Willow

Kangavites (Solgar)
Chewable tablets; Calcium 64mg, magnesium 32mg, vitamin C 60mg, fruit and vegetable powders (red beet, carrot, strawberry, apple, broccoli, apricot) 56mg, niacin 10mg, natural source betacarotene 1.4mg, natural source vitamin E 10mg, iron 2.5mg, pantothenic acid 5mg, biotin 50mcg, vitamin B6 1mg, zinc 1.5mg, riboflavin 0.85mg, thiamin 0.75mg, vitamin A 150mcg, soya lecithin powder 2.5mg, choline 500mcg, vitamin D2 2.5mcg, folic acid 100mcg, copper 25mcg, manganese 250mcg, bioflavonoids 150mcg, vitamin B12 3mcg, selenium 2.5mcg, iodine 22.5mcg, inositol 500mcg, rosehip powdered extract (4:1) 500mcg, chromium 5mcg.
Local Distributor: Natural Remedies

Nutri baby (Erba Vita)
Vials; Acacia honey, pear juice, blueberry juice, cod liver oil containing vitamin D, rosehip berries containing natural vitamin C, vitamin E, wheat germ oil, freeze-dried royal jelly, vitamin A.
Local Distributor: E.J. Busuttil Ltd.

Rosehip (HealthAid)
Tablets; Rosehip extract 150mg (equiv. to 3000mg rosehip powder), vitamin C 60mg.
Local Distributor: Galea & Galea

Vitamin C 1000mg (Lamberts)
Tablets; Vitamin C 1000mg, rose hip 100mg, citrus bioflavonoid complex 50mg.
Local Distributor: Health Plus

Vitamin C (Ascorbic Acid) 1000mg High Strength (Vega) see Buckwheat

Vitamin C (Ascorbic Acid) 1500mg Super Strength (Vega) see Buckwheat

Vitamin C (Ascorbic Acid) Slow Release 1000mg (Vega)
Tablets; Vitamin C (as ascorbic acid) 1000mg, rose hip powder 25mg.
Local Distributor: Alfred Gera & Sons Ltd.

Vitamin C – Time 1000mg (Lamberts)
Tablets; Vitamin C 1000mg, rose hip powder 50mg, citrus bioflavonoid complex 50mg.
Local Distributor: Health Plus

ROSELLE

Hibiscus sabdariffa

Family: Malvaceae
Medicinal Parts: Flowers.

Indications:
Principal: Loss of appetite, colds that affect the respiratory tract and stomach, hypertension[28, 400].
Minor: Carbuncles, swelling and inflammation of the skin, scalding, conjunctivitis, *herpes zoster*[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: Available as a tea preparation: pour boiling water over 1.5 gm comminuted drug and strain after 5 to 10 minutes[28].

ROSEMARY

Rosmarinus officinalis

Family: Labiatae
Medicinal Parts: Leaf.

Indications:
Principal: To increase mental concentration, neuroprotective effect[401], digestive complaints including dyspepsia, flatulence & bloating, hypotension[5, 8, 9, 19, 28, 402].
Major: Chemoprotective & adjunct in cancer therapy (mainly in breast cancer), headache, rheumatic conditions[8], myalgia, sciatica, neuralgia, alopecia[5, 9, 19, 28, 402].
Minor: Toothache, eczema, insect repellant, wound healing, sodium-lauryl-sulfate-induced irritant contact dermatitis [topically][5, 19].

Contraindications: Pregnancy[5, 9, 28].

Side-effects: Stomach & intestinal irritation, seizures, allergic contact dermatitis with large doses[5].

Drug interactions: Iron, anticoagulants, drugs dependent on P-glycoprotein transport[5].

Dose:
Internal daily dose: Dried leaf, 4-6 gm or as an infusion or liquid extract (1:1 in 45% alcohol).
External use: As an infusion for compresses or hair rinses. As a tincture (1:5, 70% ethanol). As a bath additive, a decoction from 50 gm of dried leaf to a full bath. Essential oil (4-6%) diluted with almond oil or in semi-solid preparations for application to joints, muscles etc[19].

Candiclear (Higher Nature) see Thyme

CarbonFlor® (Erba Vita) see Aniseed

Evening Primrose (HealthAid) see Evening Primrose

Flodol® Artro (Alta Care) see Meadowsweet

Herbal Cream (HealthAid) see Arnica

Neem Cream (A. Vogel) see Neem

Neem Oil (A. Vogel) se Neem

Refreshall® (Lamberts) see Ginkgo

ROSEROOT
see Rhodiola

RUTIN†
see Buckwheat

SAFFLOWER
Carthamus tinctorius

Family: Asteraceae/Compositae
Medicinal Parts: Flowers, seeds, oil extracted from its embryos.

Indications:
Principal: Cardiovascular disease[403], hypertension, hypercholesterolaemia, atherosclerosis, arrhythmias[404, 405].
Major: Inhibition of thrombus formation[404, 405], delayed, heavy & painful menstruation, male sterility, dead sperm excess disease[406], pain & swelling associated with trauma[407, 408].
Minor: Rheumatism particularly rheumatoid arthritis, sciatica[408].
Others: Pertussis, chronic bronchitis, chronic gastritis, atrophic gastritis, constipation caused by medicines for mental illnesses, chronic nephritis[408].

Contraindication: Pregnancy[28].

Side-effects: None known.

Drug interactions: None known.

Dose: Average daily dose is 3 gm of decoction; single dose is 1 gm[28].

Bodylean® CLA Plus (HealthAid) see Green Tea

Interfresh™ (HealthAid) see Parsley

† Rutin is a citrus flavonoid glycoside found in buckwheat.

SAFFRON

Crocus sativus

Family: Iridaceae
Medicinal Parts: Stigma, style.

Indications:
Principal: Menorrhagia, amenorrhea, painful labour[28, 409, 410].
Major: Indigestion, colic, bronchitis, sore throat, headache, vomiting, fever, skin hyperpigmentation, acne, depression[409, 410].
Minor: Insomnia, measles, jaundice, dysentery, cholera, psoriasis[409, 410].
Others: Cancer treatment and prevention (fibrosarcoma, cervical epitheloid carcinoma, breast carcinoma)[410, 411].

Cautions: Patients taking anticoagulant or antiplatelet drugs[412].

Contraindication: Pregnancy[28].

Side-effects: None known.

Drug interactions: Anticoagulants[412].

Dose: 3-9 gm daily[412].

Saffron (HealthAid)
Capsules; Saffron extract (6:1) 14.75mg (equiv. to 177mg of Saffron powder).
Local Distributor: Galea & Galea

SAGE

Salvia officinalis

Family: Labiatae
Medicinal Parts: Leaf.

Indications:
Principal: Hot flushes and hyperhidrosis associated with menopause[413], poor memory, dementia[5, 8, 9, 19, 28, 414].
Major: Inflammation of mouth or throat mucosa, such as pharyngitis, tonsillitis, stomatitis, gingivitis, glossitis, digestive disorders such as dyspepsia, flatulence, poor digestion & bloating[5, 8, 9, 19, 28, 415].
Minor: Lack of appetite[5].
Others: Asthma, cancer[5, 416].

Cautions: Sage oil can irritate the skin when used topically; internal use of the essential oil should be closely monitored[5]; epileptics[19].

Contraindications: Pregnancy, lactation[19].

Side-effects: Occasional allergic reactions with topical use[5].

Drug interactions: Iron, calcium, magnesium (reduced absorption of these minerals when taken with sage)[5].

Dose:
Infusion of dried herb: 1-4 gm three times daily.
Tincture (1:1): 1-4 ml three times daily.
Essential oil: 2-3 drops in 100 ml water several times daily.

Gargle or rinse (use warm infusion): 2.5 gm cut leaf in 100ml water; or 2-3 drops essential oil in 100 ml water; or use 5 ml fluid extract diluted in a glass of water, several times daily[5].

Alito Fresco e Balsamico (Sella) see Eucalyptus

Colonease (HealthAid) see Aloe Vera

Essential Oil of Sage 50mg (Power Herbs)
Capsules; Sage essential oil 50mg.
Local Distributor: Kemimport Ltd.

Menopace® Plus (Vitabiotics)
Tablets; *Botanical tablet*: Soy isoflavone extract 120mg, sage extract 250mg, green tea extract 50mg, flaxseed lignans 50mg. *Multivitamin tablet*: Vitamin A 750mcg, vitamin D 5mcg, vitamin E 30mg, vitamin C 45mg, vitamin B1 10mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 10mg, folic acid 500mcg, vitamin B12 9mcg, biotin 30mcg, pantothenic acid 30mg, magnesium 100mg, iron 6mg, zinc 15mg, copper 1000mcg, manganese 0.5mg, selenium 100mcg, chromium 50mcg, iodine 225mcg, PABA 25mg.
Local Distributor: Kemimport Ltd.

Menophase (Higher Nature) see Schisandra

Menovital® (HealthAid) see Dong Quai

Phytomenopause (Arkopharma)
Capsules; Sage leaf powder 285mg.
Local Distributor: Pharmacos Ltd.

Refreshall® (Lamberts) see Ginkgo

Sage Leaf Extract (HealthAid)
Capsules; Sage leaf extract (5:1) 73mg equiv. to 350mg of sage leaf powder.
Local Distributor: Galea & Galea

Silvia® Feminin Formula (Alta Care) see Hops

SARSAPARILLA

Smilax species

Family: Smilacaceae
Medicinal Parts: Rhizome, root.

Indications:
Principal: Skin disorders such as psoriasis & eczema, rheumatoid arthritis[9, 14, 28, 45].
Minor: Inflammation of the urinary organs[28].

Cautions/contraindications: None known.

Side-effects: Stomach complaints and queasiness may occur in rare cases[28].

Drug interactions: Digitalis glycosides, bismuth[14].

Dose: Three times daily: dried root, 2-4 gm or in decoction; liquid extract (1:1, 50% ethanol), 2-4 ml[45].

HaemoVit Liquid Gold™ (HealthAid)
Liquid (200ml); 10ml contains: sarsaparilla extract 10mg, ginkgo biloba leaf extract 10mg, birch leaf extract 10mg, malt extract 1000mg, honey 220mg, vitamin C 60mg, thiamine 1.4mg, riboflavin 2.2mg, niacin 18mg, vitamin B6 2mg, folic acid 400mcg, vitamin B12 2mcg, pantothenic acid 8mg, iron 14mg, zinc 15mg, iodine 150mcg, lysine

200mcg, calcium glycerophosphate 45mg, potassium glycerophosphate 45mg, sodium glycerophosphate 23mg, manganese glycerophosphate 0.3mg.
Local Distributor: Galea & Galea

Sarsaparilla (HealthAid)
Tablets; Sarsaparilla extract 140mg equiv. to 560mg of Sarsaparilla powder.
Local Distributor: Galea & Galea

SAW PALMETTO

Serenoa repens

Family: Arecaceae
Medicinal Parts: Dried ripe fruit.

Indications:
Principal: Micturition disorders (such as weak flow, incomplete voiding, frequent daytime and night time urination) associated with mild to moderate BPH[5, 9, 14, 19, 28, 417, 418, 419, 420, 421].
Major: Androgenetic alopecia[420, 422], chronic prostatitis and pelvic pain[5, 420].
Minor: Impotence, male infertility, decreased libido[5].

Cautions: Patients with hormone-dependent cancers[28]. If symptoms of BPH worsen, blood is detected in the urine, or acute urinary retention occurs, professional reassessment is required[5].

Contraindications: Pregnancy[5, 9, 28].

Side-effects: Occasionally, minor GI complaints[19, 28].

Drug interactions: Finasteride (and other 5-alpha reductase inhibitors), androgenic agents, anticoagulants[5, 421].

Dose: Daily dose: 320 mg of saw palmetto fruit lipidosterolic extract; dried fruit, 204 gm[19].

Chalet® Hair Stimulant (Alta Care)
Capsules; Omega 3 (350mg), saw palmetto (100mg), EPO (50mg) (71% omega 6 & omega 9).
Syrup; Blueberry juice 5790mg, honey sugar free 3000mg, saw palmetto extract 400mg, hops yeast 300mg, muira puama extract 250mg, stinging nettle extract 200mg, blueberry aroma 50mg, sodium benzoate 10mg.
Local Distributor: Ultra Pharma Ltd.

Gentlemen's Three™ (HealthAid) see Ginseng Korean

Herbal 3 (HealthAid) see Pumpkin

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

Prostasan® (A.Vogel)
Capsules; Saw Palmetto extract 320mg.
Local Distributor: Health Plus

Prostate Formula (Vega)
Capsules; Saw Palmetto berry extract 150mg (min. 40-45% fatty acids), saw palmetto berry powder 100mg, pumpkin seed powder 50mg, cayenne fruit powder 30mg, parsley leaf powder 30mg, niacin 18mg, zinc 15mg, vitamin C 60mg, vitamin E 10mg, vitamin B6 2mg, vitamin B2 1.6mg, vitamin B1 1.4mg, vitamin B12 1mcg, pantothenic acid 6mg, beta carotene 4.8mg, manganese 0.25mg, chromium 200mcg, copper 200mcg, folate 200mcg, selenium 200mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Prostavital® (HealthAid) see Pumpkin

Saw Palmetto (Arkopharma)
Capsules; Soya oil, saw palmetto berry oil extract.
Local Distributor: Pharmacos Ltd.

Saw Palmetto (HealthAid)
Liquid; Saw palmetto extract 1:3 (equiv. of 330mg of saw palmetto herb) in 1ml.
Tablets; Saw palmetto powder 55mg, saw palmetto extract 210mg (standardised for min 45-50% fatty acids).
Local Distributor: Galea & Galea

Saw Palmetto (NatraHealth)
Tablets; Saw palmetto standardised extract 250mg providing fatty acids 50mg.
Local Distributor: Collis Williams Ltd.

Saw Palmetto 1000mg & Uva Ursi 100mg (Power Herbs)
Capsules; Saw palmetto (4:1) extract 250mg equiv. to saw palmetto 1000mg, uva ursi 100mg.
Local Distributor: Kemimport Ltd.

Saw Palmetto Berry Extract (Solgar)
Vegicaps; Raw saw palmetto berry powder 300mg, standardised saw palmetto berry extract 150mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

SCHISANDRA

Schisandra chinensis

Family: Schisandraceae
Medicinal Parts: Fruit

Indications:
Principal: Liver damage, hepatoprotection[5, 28, 423, 424, 425].
Major: Decreased resistance to physical and emotional stress[5, 425].
Minor: Chronic cough, dyspnoea, diarrhoea, night sweats, irritability, palpitations, insomnia, asthma[5, 28, 424, 426].
Others: In combination with other herbal medicines to treat infection[5, 28, 424].

Contraindications: Patients with epilepsy, severe hypertension, intracranial pressure[28].

Side-effects: Rarely, mild GI discomfort, appetite suppression, hives[5, 28].

Drug interactions: Drugs metabolised by CYP 3A4 (particularly nifedipine), tacrolimus, warfarin and related drugs[5, 424].

Dose: Dried fruit: 1.5-6 gm/day. Liquid extract (1:2): 3.5-8.5 ml/day or 25-60 ml/week[5].

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Menophase (Higher Nature)
Capsules; 25mg Schizandra berry extract 5:1, 25mg siberian ginseng, 5.25mg sage leaf extract 5:1, 5mg hops, 5mg angelica, 5mg kelp, 5mg dandelion, 60mg vitamin E (200iu), 50mg hesperidin complex, 25mg vitamin C, 22mg magnesium, 10mg niacin, 5mg vitamin B6, 2.5mg zinc.
Local Distributor: Health Plus

Milk Thistle and Artichoke (Higher Nature) see Milk Thistle

Milk Thistle Plus (FSC) see Milk Thistle

Multibionta® Activate (Seven Seas) see Ginseng Korean

SCOTCH PINE

Pinus species

Family: Pinaceae
Medicinal Parts: Tar extracted from trunks, branches and roots, oil extracted from fresh needles, branch tips or fresh twigs.

Indications:
Principal: Bronchitis, congestive diseases of the upper & lower respiratory tract, common cold, cough[28, 427].
Major: Neuralgia, rheumatism, muscle pain, poor circulation[28, 427].
Minor: Weak ligaments of the upper ankle joint, eczema, urticaria[28].

Cautions: Patients with extensive skin injuries, acute skin diseases, feverish or infectious diseases, cardiac insufficiency, or hypertonia should not use the drug as a bath additive[28].

Contraindications: Bronchial asthma, whooping cough[28].

Side-effects: None known.

Drug interactions: None known.

Dose: *Internal daily dose*: 2 to 3 gm drug several times a day. *External, as a bath additive*: 100 gm alcoholic extract in a full bath. *Semi-solid preparations*: 20 to 50% ointment to be rubbed in several times a day[28].

Maxijoint Formula (Vega) see Bilberry

Menopause Formula (Vega) see Starflower

Mucovit® Sciroppo Adulti (Erba Vita) see Grindelia

Mucovit® Sciroppo Bambini (Erba Vita) see Grindelia

Multi Antioxidant Complex (Vega) see Ginkgo

Neuralta® Migren (Alta Care) see Peppermint

Pectovit® (Erba Vita) see Grindelia

Perfectil Platinum (Vitabiotics) see Green Tea

Pine Bark Complex (Vega)
Capsules; Vega Phytoantioxidant Base™ 385mg providing antioxidants and prebiotics: apple & mixed wild berries concentrate 8:1, equiv. to herb 616mg, prebiotic acacia gum 308mg; Mixed herb polyphenols extract 30mg providing: blueberry fruit extract 15mg, green tea leaf extract 15mg; pine bark extract 30mg. Local Distributor: Alfred Gera & Sons Ltd.

Totally Wise (Vega) see Green Tea

Vein Support Formula (Vega) see Ginkgo

Vitalize Regenerative Formula (Vega) see Siberian Ginseng

Wellman® Conception (Vitabiotics) see Maca

SENNA
Cassia species

Family: Fabaceae
Medicinal Parts: Leaves, fruit, flowers.

Indications:
Principal: Constipation[9, 14, 28, 45, 428, 429, 430].
Major: For evacuation of the bowel prior to diagnostic tests of the GI and colorectal area[28].

Caution: Avoid prolonged use[9].

Contraindications: Intestinal obstruction, acute inflammatory intestinal disease, appendicitis[9, 28, 45].

Side-effects: Spasmodic GI complaints. Prolonged use may lead to electrolyte losses, especially of potassium, albuminuria and haematuria, pigmentation of the intestinal mucosa and damage of the myenteric plexus[28, 45, 428].

Drug interactions: Licorice, corticosteroids, digitalis glycosides, potassium-depleting diuretics, quinidine[28, 428, 429].

Dose: Unless otherwise prescribed, daily dose (taken at bedtime): preparations containing 10-60 mg of hydroxyanthracene glycosides. Stimulant laxatives should only be taken for short periods (maximum of 10 days)[45].

Erbalax® Forte Compresse (Erba Vita)
Tablets; Micronized powders of: Senna leaves 312mg, aloe dried juice 288mg, cascara bark 252mg, rhubarb rhizome 120mg, frangula bark, fennel fruits 54mg, liquorice root 54mg, clove nails 54mg, peppermint essential oil 2.4mg.
Local Distributor: E.J. Busuttil Ltd.

Eucarbon® (Trenka)
Tablets; Senna, rhubarb, charcoal vegetable, sulphur purified.
Local Distributor: Pharmacos Ltd.

Linoforce® (A. Vogel) see Flaxseed

Prune & Senna (FSC)
Capsules; Prune extract equiv. to prune powder 125mg, senna extract 12mg (20% sennosides).
Local Distributor: Kemimport Ltd.

Senna (HealthAid)
Tablets; Senna extract 180mg equivalent to 900mg of senna powder.
Local Distributor: Galea & Galea

Sollievo (Aboca)
Tablets; Senna powder 122mg (standardised to 2.5% sennosides), cape aloe juice 91.7mg (standardised to 18% aloin A & B), dandelion powder 91mg, chicory powder 32mg, fennel powder 27mg, caraway powder 23mg, boldo powder 7mg, cumin powder 6mg, essential oil of fennel.
Local Distributor: Pharma MT Ltd.

Vegilax® (HealthAid) see Blessed Thistle

SHIITAKE MUSHROOM

Lentinus edodes

Family: Pleurotaceae
Medicinal Parts: Fruiting body.

Indications:
Principal: Cancer-prevention (sarcomas)[431], heart disease, hyperlipidemia (including high blood cholesterol)[432], hypertension[433].
Major: Infectious disease, hepatitis, diseases involving depressed immune function (including AIDS), frequent colds and flu, bronchial inflammation[432, 434].
Minor: Environmental allergies, fungal (especially *Candida*) infections[435].
Others: Regulating urinary incontinence[435].

Cautions/contraindications: None known.

Side-effects: Allergic dermatitis, diarrhoea, mild pressure on the chest (disappear when shiitake is stopped)[436].

Drug-interactions: Anticoagulants, NSAIDs[433].

Dose: Patients over 18 years, 6-16 gm of the whole, dried shiitake mushroom daily, or 1-3 gm powdered extract[9].

Echinacea Plus Ginseng & Astragalus Herbal Complex (Vega) see Echinacea

Vitalize Regenerative Formula (Vega) see Siberian Ginseng

SIBERIAN GINSENG

Eleutherococcus senticosus

Family: Araliaceae
Medicinal Parts: Root, rhizome.

Indications:
Principal: Stress, fatigue, lack of stamina[5, 9, 28, 45, 437, 438, 439, 440].
Major: Tendency to infection, depression[5, 28, 439].
Minor: Upper respiratory tract conditions[439].
Minor: Sleep disturbances[439], impotence, loss of appetite, pain & weakness in the hip and knee joints, rheumatoid arthritis[28].

Cautions: Individuals who are highly energetic, schizophrenic[9], diabetics[5].

Contraindications: Cardiovascular disease or hypertension[5, 28].

Side-effects: None known following the proper administration of designated therapeutic dosages.

Drug interactions: Anticoagulants, digoxin, chemotherapy, antidiabetic agents, influenza virus vaccine[5, 28, 439].

Dose‡: Daily dose: dried root and rhizome, 2-3 gm[45, 438, 439].

Active Women's Multivitamins & Minerals (Vega)
Tablets; Siberian ginseng root extract 10:1, equiv to herb 500mg; flaxseed seed powder 100mg; bilberry fruit extract 4:1, equiv to herb 60mg; green tea leaf extract 30mg, magnesium oxide 90mg, niacin 90mg, acetyl L-carnitine 30mg, alpha lipoic acid 30mg, pantothenic acid 30mg, PABA 30mg, zinc 15mg, iron 14mg, choline bitartrate 10mg, inositol 10mg, vitamin B6 (10mg), vitamin B2 (8mg), vitamin B1 (7mg), vitamin C (60mg), vitamin E (30mg), vitamin K (100mcg), vitamin B12 (5mcg), vitamin D2 (5mcg), beta carotene 4.8mg, folate 600mcg, manganese 0.5mg, biotin 450mcg, chromium 300mcg, copper 300mcg, selenium 300mcg, iodine 150mcg, molybdenum 100mcg.
Local Distributor: Alfred Gera & Sons Ltd.

AntiStress® (Erba Vita) see Maca

Brain Fuel Formula (Vega) see Ginkgo

Energizer Formula (Vega)
Capsules; Siberian ginseng root extract (10:1) 500mg (min 0.8% eleutherosides); damiana leaf powder 100mg, pantothenic acid 60mg, vitamin C 60mg, acetyl L-carnitine 30mg, octacosanol 30mg, L-arginine 25mg, L-methionine 25mg, niacin 36mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, vitamin B12 1mcg, manganese 0.25mg, folate 200mcg, selenium 100mcg, copper 50mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Fem-X (HealthAid)
Tablets; Siberian ginseng extract (15:1) 75mg, vitamin E 35mg, vitamin C 60mg, niacin 15mg, vitamin B6 30mg, pantothenic acid 35mg, magnesium 150mg, zinc 12mg, L-histidine 125mg, L-arginine 500mg.
Local Distributor: Galea & Galea

Ginkgo Vital 3™ (HealthAid)
Capsules; Siberian ginseng extract (5:1) 250mg, Korean ginseng extract (5:1) 150mg, ginkgo biloba extract (50:1) 100mg.
Local Distributor: Galea & Galea

Ginseng Siberian Herbal Complex (Vega)
Capsules; Ginseng siberian root powder 200mg; ginseng siberian root extract (10:1) 150mg (min. 0.8% eleutherosides) equiv. to 1700mg ginseng siberian root herb; Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1 equiv. to herb 80mg, prebiotic acacia gum 40mg .
Local Distributor: Alfred Gera & Sons Ltd.

Herbal Booster™ (HealthAid) see Guarana

Menophase (Higher Nature) see Schisandra

Menovital® (HealthAid) see Dong Quai

Omega-H3 (Vitabiotics) see Buckwheat

Powerplus™ (HealthAid)
Capsules; Siberian ginseng extract (5:1) 250mg, Korean ginseng extract (5:1) 150mg, Ginkgo biloba extract (50:1) 100mg, soyabean oil 430mg.
Local Distributor: Galea & Galea

Sibergin® 2500 (HealthAid)
Capsules; Siberian ginseng 5:1 extract 500mg (equiv. to 2500mg of ginseng root powder).
Local Distributor: Galea & Galea

‡ *Eleutherococcus senticosus* should not be taken continuously for periods exceeding 3 months; occasional use or courses of 1 month followed by a 2-month interval are recommended[45].

Siberian Ginseng (Arkopharma)
Capsules; Siberian ginseng powder 250mg (0.2% eleutherosides).
Local Distributor: Pharmacos Ltd.

Siberian Ginseng (HealthAid)
Liquid; Siberian ginseng extract 1:3 (equiv. of 330mg of Siberian ginseng herb).
Local Distributor: Galea & Galea

Siberian Ginseng (Power Health)
Capsules; Siberian ginseng extract 5:1 100mg equiv. to fresh whole root 500mg.
Local Distributor: Kemimport Ltd.

Siberian Ginseng (Quest)
Tablets; Siberian ginseng root extract 35mg, providing eleutherosides 280mcg.
Local Distributor: Pharma MT Ltd.

Siberian Ginseng 250mg (HealthAid)
Capsules; Siberian ginseng 250mg.
Local Distributor: Galea & Galea

Siberian Ginseng 1500mg (Lamberts)
Tablets; Siberian ginseng 1500mg equiv. to 100mg of a 15:1 extract, eleutheroside E 660mcg, eleutheroside B 150mcg.
Local Distributor: Health Plus

SiberSlim™ (HealthAid)
Tablets; Siberian eleuthero extract (15:1) 60mg, ginger extract (20:1) 50mg, guarana extract 40mg, apple cider vinegar 50mg, hydroxycitric acid 50mg, seaweed 50mg, white kidney bean 50mg, L-arginine HCl 50mg, L-methionine 50mg, L-ornithine HCl 50mg, green tea extract 20mg, chromium 47.25mcg.
Local Distributor: Galea & Galea

Vitalize Regenerative Formula (Vega)
Capsules; Siberian ginseng root extract 10:1 equiv. to herb 500mg (min. 0.8% eleutherosides), pantothenic acid 60mg, vitamin C 60mg, bilberry fruit extract 4:1 equiv. to herb 50mg (min. 0.5% allicin content), green tea leaf extract 50mg (min. 40% polyphenols), shiitake mushroom powder 50mg, niacin 36mg, acetyl L-carnitine 25mg, creatine 25mg, malic acid 25mg, octacosanol 25mg, zinc 7.5mg, iron 7mg, vitamin B6 4mg, vitamin B2 3.2mg, vitamin B1 2.8mg, alpha lipoic acid 2mg, pine bark extract 2mg (min. 70% proanthocyanadins), folate 400mcg, manganese 0.25mg, selenium 100mcg, copper 50mcg, vitamin B12 2mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Wellman (Vitabiotics)
Capsules; Siberian ginseng 20mg, garlic 20mg, bioflavonoids 10mg, PABA 20mg, vitamin A 750mcg, vitamin D3 5mcg, vitamin E 20mg, vitamin C 60mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 20mg, vitamin B6 9mg, folacin 500mcg, vitamin B12 9mcg, biotin 0.05mg, pantothenic acid 10mg, iron 6mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 3mg, copper 1500mcg, chromium 50mcg, selenium 150mcg, silicon 10mg, arginine 20mg, methionine 20mg, natural mixed carotenoids 5mg.
Local Distributor: Kemimport Ltd.

Wellman 50+ (Vitabiotics)
Tablets; Siberian ginseng 20mg, Co-Q10 2mg, L-carnitine 10mg, citrus bioflavonoid complex 10mg, lutein esters 2mg, phosphatidylcholine 10mg, L-glutathione 5mg, L-arginine 20mg, L-methionine 20mg, natural mixed carotenoids 3mg, PABA 10mg, vitamin A 800mcg, vitamin D3 15mcg, vitamin E 15mg, vitamin C 80mg, vitamin B1 14mg, vitamin B2 4mg, vitamin B3 36mg, vitamin B6 9mg, folacin 500mcg, vitamin B12 20mcg, biotin 50mcg, pantothenic acid 10mg, iron 6mg, zinc 15mg, iodine 150mcg, magnesium 0.5mg, copper 1mg, chromium 75mcg, selenium 150mcg, silicon 10mg.
Local Distributor: Kemimport Ltd.

Wellman® Conception (Vitabiotics) see Maca

Wellman® Sport (Vitabiotics)
Tablets; Siberian ginseng extract 50mg,

citrus bioflavonoids 60% 10mg, natural mixed carotenoids 2mg, vitamin A 750mcg, vitamin D 15mcg, vitamin E 30mg, vitamin C 60mg, vitamin B1 12mg, vitamin B2 5mg, vitamin B3 24mg, vitamin B6 10mg, folic acid 400mcg, vitamin B12 15mcg, biotin 75mcg, pantothenic acid 10mg, iron 6mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 0.5mg, copper 1000mcg, octacosanol 3mg, L-tyrosine 50mg, L-arginine 20mg, L-lysine 20mg, alpha lipoic acid 20mg, L-carnitine tartarate 50mg, co-enzyme Q10 10mg.
Local Distributor: Kemimport Ltd.

SLIPPERY ELM

Ulmus rubra

Family: Ulmaceae
Medicinal Parts: Dried inner bark.

Indications:
Principal: GI conditions including gastritis, acid dyspepsia, gastric reflux, peptic ulcers, IBS[5, 9, 45, 28].
Major: Inflamed skin conditions, wounds, burns, to draw out boils & abscesses[5, 28, 45].
Minor: Bronchitis, cystitis, intestinal parasites[5].
Others: Gout, rheumatism, inflamed joints, toothache[5].

Contraindications: Pregnancy[28].

Side-effects: Contact dermatitis[28].

Drug interactions: Iron[28].

Dose: Powdered bark (1:10) in hot water, 5-20 ml; equivalent tablets or other dosage forms. May be taken as often as required. For topical applications, as a poultrice using mucilage of suitable viscosity[45].

Slippery Elm (HealthAid)
Tablets; Slippery elm extract 140mg equiv. to 560mg of slippery elm powder.
Local Distributor: Galea & Galea

SORREL

Rumex acetosa

Family: Polygonaceae
Medicinal Parts: Fresh leaves, whole herb.

Indications:
Principal: Acute and chronic inflammation of the nasal passages and respiratory tract[28].
Major: An adjuvant in antibacterial therapy[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: Adults' daily dose: 2 coated tablets or 50 drops (with 19% ethanol) taken 3 times daily[28].

ST. JOHN'S WORT

Hypericum perforatum

Family: Clusiaceae/Gluttiferae
Medicinal Parts: Aerial parts, flowering tops.

Indications:
Principal: Mild to moderate depression[5, 9, 19, 28, 441, 442, 443, 444, 445].
Major: Low mood, anxiety and insomnia, particularly if associated with menopause, seasonal affective disorder, PMS[5, 9, 28, 445, 446, 447].
Minor: Obsessive compulsive disorder[448], polyneuropathy, herpes infection, smoking cessation[5].
Others: Sciatica, GI conditions (such as oesophagitis & peptic ulcers)[5].
Topical Use: Acute dermatitis, myalgia, first-degree burns[5, 28].

Cautions: People with fair skin undergoing UV treatment should use high doses of St. John's Wort with caution. Suspend use of St. John's Wort 2 weeks prior to major surgery. Pregnancy[5, 9, 28].

Contraindications: History of photosensitivity or hypersensitivity to St. John's Wort[28].

Side-effects: GI symptoms, photosensitivity, other skin conditions and agitation[5].

Drug interactions: General anesthetics, antidiabetics, antiepileptics, long-term use of benzodiazepines, bupropion, buspirone, caffeine, calcium channel blockers, ciclosporin, digoxin, eplerenone, etoposide, tyramine-rich food, hormonal contraceptives, irinotecan, lithium, loperamide, methylphenidate, NNRTIs, opioids, protease inhibitors, proton pump inhibitors, SSRIs, statins (atorvastatin and simvastatin but not pravastatin), tacrolimus, talinolol, theophylline, tibolone, tricyclic antidepressants, triptans, voriconazole, warfarin and related drugs, methadone[5, 28, 445, 449].

Dose: Adult daily dose: 450-1050 mg (typically 900mg) of dry extracts (4-7:1, 50-60% ethanol); 900 mg of hydroalcoholic extract standardised to 3-6% of hyperforin and 0.12-0.28% of hypericin; 3-4.5 ml of tincture (1:5, ethanol 50% v/v); equivalent preparations[19].

It is advised that patients using St. John's Wort long term have their doses reduced slowly when discontinuing use[5].

Controller® Natural Sleep (Alta Care) see Linden

Hypercal™ (Nelsons) see Marigold

Hyperiforce® (A.Vogel)
Tablets; 40-73 mg St. John's Wort extract.
Local Distributor: Health Plus

Magnolia, Valerian, St. John's Wort Complex (HealthAid) see Hoodia

St. John's Wort (Arkopharma)
Capsules; St. John's Wort standardised extract 185mg.
Local Distributor: Pharmacos Ltd.

St. John's Wort (HealthAid)

Liquid; St. John's Wort extract 1:3 (equiv. of 330mg of St. John's Wort herb) in 1ml.
Tablets; 315mg St. John's Wort powder, 185mg standardised St. John's Wort extract (standardised to contain 0.3% hypericin).
Local Distributor: Galea & Galea

St. John's Wort (Quest)
Tablets; St. John's Wort extract 333mg, providing hypericin 1000mcg.
Local Distributor: Pharma MT Ltd.

St. John's Wort '300' Herb Extract (Solgar)
Vegicaps; Raw St. John's Wort herb powder 300mg, standardised St. John's Wort herb powdered extract (providing 0.5mg [0.3%] hypericin) 175mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

St. John's Wort Herbal Complex (Vega)
Capsules; St. John's Wort herb extract 333mg (min. 0.3% hypericin, 3% hyperforin), chamomile flower extract 4:1, equiv. to herb 50mg (min. 1.2% apigenin); Vega Phytoantioxidant Base™ 40mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 64mg, prebiotic acacia gum 32mg.
Local Distributor: Alfred Gera & Sons Ltd.

Tranquil™ (HealthAid) see Hawthorn

STARFLOWER

Borago officinalis

Family: Boraginaceae
Medicinal Parts: Oil from seeds, leaves.

Indications:
Oil
Principal: Cardiovascular disease, platelet aggregation. Starflower oil is a source of GLA, an omega-6 fatty acid and is extensively used in diabetes, cardiovascular disease, osteoporosis, menopausal symptoms, PMS, allergic rhinitis, rheumatoid arthritis, ADHD, weight loss, hypertension, ulcers and cancer[14, 28, 450, 451, 452, 453].

Leaves (Not to be used internally but as an emollient poultrice)
Principal: Fever, upper respiratory tract infections, inflammation (especially kidney and bladder disorders), swelling[9, 14, 28, 451].
Major: Eczema, infantile seborrheic dermatosis, hypertension, depression[28].

Cautions: Avoid excessive or prolonged ingestion of starflower due to its toxic pyrrolizidine alkaloid constituents[28, 451].

Contraindications: Schizophrenic and/or epileptic patients and in those receiving epileptogenic drugs (starflower oil may cause temporal lobe epilepsy)[28]. Pregnancy and breastfeeding[14, 28].

Side-effects: GI discomfort[28], status epilepticus[452].

Drug interactions: Antiplatelet drugs, NSAIDs, phenothiazines, warfarin

and related drugs, iron[28, 451].

Dose:
Atopic dermatitis/eczema: 2-3 gm borage oil daily in divided doses.
Rheumatoid arthritis: 6-7 gm of borage oil (equivalent to 1.4 gm of GLA content) daily in 3 divided doses after meals.
Topical: Atopic dermatitis/eczema: Cream containing 3% to 10% borage oil content: apply twice daily[28].

Biocosmetics Starflower Oil (Power Health)
Discaps; Starflower oil 250mg (containing on average 23% of its fatty acids as GLA), vitamin E 8mg.
Local Distributor: Kemimport Ltd.

Borage Oil 500mg (Power Health)
Capsules; Borage oil 500mg providing GLA 130mg, linolenic acid 184mg.
Local Distributor: Kemimport Ltd.

Evening Primrose Oil with Starflower Oil 1000mg (Lamberts) see Evening Primrose

Femmevit® (HealthAid)
Tablets; Starflower oil powder 150mg, chamomile extract 50mg, oat seed extract (10:1) (equiv. to 400mg of oat seed powder) 40mg, ginger root extract (20:1) (equiv. to 1000mg of ginger root powder) 50mg, *vitex agnus-castus* (5:1) (equiv. to 100mg of agnus castus powder) 20mg, natural mixed carotenoids 120mg, vitamin D3 5mcg, vitamin E 33mg, vitamin C 60mg, vitamin B1 10mg, vitamin B2 10mg, vitamin B3 18mg, pantothenic acid 6mg, vitamin B6 10mg, folacin 400mcg, vitamin B12 10mcg, iron 14mg, magnesium 150mg, zinc 15mg, iodine 150mcg, chromium 200mcg, selenium 50mcg, PABA 50mg.
Local Distributor: Galea & Galea

Hi-Active Formula (Vega) see Oats

Menopause Formula (Vega)
Capsules; Starflower seed oil powder 33% 100mg (providing min. 20% GLA), green tea leaf extract 20mg (min. 40% polyphenols), pine bark extract 2mg (min. 70% proanthocyanadins), magnesium oxide 60mg, vitamin C 60mg, soy isoflavone concentrate 25mg, niacin 18mg, vitamin B6 10mg, vitamin E 10mg, zinc 7.5mg, iron 7mg, pantothenic acid 6mg, beta carotene 4.8mg, alpha lipoic acid 4mg, vitamin B2 1.6mg, vitamin B1 1.4mg, folate 500mcg, manganese 0.5mg, selenium 200mcg, copper 100mcg, vitamin B12 5mcg.
Local Distributor: Alfred Gera & Sons Ltd.

Menovital® (HealthAid) see Dong Quai

Perfectil Plus (Vitabiotics)
Capsules; Starflower seed oil 200mg, blackcurrant seed oil 50mg, omega-6 fatty acids 121mg, lycopene extract 6mg, co-enzyme Q10 5mg, omega-3 fish oil 300mg (providing DHA 150mg, EPA 30mg), lutein esters 6mg.
Tablets; Vitamin D 5mcg, vitamin E 40mg, vitamin C 60mg, thiamin 8mg, riboflavin 4mg, niacin 18mg, vitamin B6 10mg, folacin 500mcg, vitamin B12 9mcg, biotin 45mcg, pantothenic acid 40mg, iron 12mg, magnesium 75mg, zinc 15mg, iodine 200mcg, manganese 0.5mg, copper 1mg, chromium 50mcg, selenium 100mcg, cystine 10mg, natural and mixed carotenoids 2mg.
Local Distributor: Kemimport Ltd.

Phytobronz (Arkopharma) see Grapeseed

Starflower Oil (Arkopharma)
Capsules; Starflower oil (24% GLA).
Local Distributor: Pharmacos Ltd.

Starflower Oil (HealthAid)
Oil; 15 drops provide on average: pure starflower oil (borage oil) 1000mg which contains GLA 230mg (23%).
Local Distributor: Galea & Galea

Starflower Oil (Higher Nature)
Capsules; Starflower oil 1000mg, providing 204mg GLA.
Local Distributor: Health Plus

Starflower Oil 1000mg (HealthAid)
Capsules; Starflower oil 1000mg (contains 23% GLA), vitamin E 20mg.
Local Distributor: Galea & Galea

Starflower Oil (Omega-6) Plus Soya Lecithin (Vega)
Capsules; Soya lecithin powder 150mg; Starflower seed oil powder 33% 150mg (providing GLA 20% 10mg); Vega Phytoantioxidant Base™ providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 224mg, prebiotic acacia gum 112mg.
Local Distributor: Alfred Gera & Sons Ltd.

Wellwoman (Vitabiotics)
Capsules; Starflower oil 100mg, EPO 100mg, citrus bioflavonoids 10mg, natural mixed carotenoids 2mg, vitamin D 5mcg, vitamin E 30mg, vitamin C 60mg, vitamin B1 10mg, vitamin B2 5mg, vitamin B3 36mg, vitamin B6 10mg, folacin 400mcg, vitamin B12 20mcg, biotin 50mcg, pantothenic acid 6mg, iron 12mg, magnesium 100mg, zinc 12mg, vitamin K 90mcg, manganese 2.5mg, copper 1500mcg, selenium 100mcg, chromium 50mcg, PABA 30mg.
Local Distributor: Kemimport Ltd.

SUNDEW

Drosera ramentacea

Family: Droseraceae
Medicinal Parts: Whole herb.

Indications:
Principal: Respiratory problems particularly coughing fits and dry coughs[9, 28].
Major: Asthma, warts[9, 28].
Minor: Chronic bronchitis with peptic ulceration or gastritis, gastric ulceration[9].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: The daily average dose is 3 gm drug. The dosage of the infusion when used as a broncholytic is 1 cup, 3 to 4 times daily[28].

Broncovit® (Erba Vita) see Grindelia

Tusserbe® Sed (ESI)
Syrup; Red poppy 6ml, hollyhock 6ml, sundew 6ml, lichen 6ml, ivy 6ml.
Local Distributor: Collis Williams Ltd.

SWEET CLOVER

Melilotus officinalis

Family: Fabaceae
Medicinal Parts: Flowering herb.

Indications:
Principal: Complaints arising from chronic venous insufficiency in the legs, such as varicose veins and associated pains, swelling, nocturnal cramp, itching and feeling of heaviness[19, 28, 454].
Major: Oedema, inflammation, cutaneous capillary fragility, haemorrhoids[19, 28, 454].
Minor: Phlebitis, indigestion and flatulence, minor sleep disorders, rheumatic pains, burns[19, 28].
Others: Bruises, sprains, superficial bleeding [external use][19, 28].

Cautions: Patients taking aspirin[19].

Side-effects: In rare cases headaches[19], transitory liver damage is possible in susceptible individuals (monitor liver enzymes)[28].

Drug interactions: Anticoagulants[19, 454].

Dose: *Adult daily dose*: preparations containing the equivalent of up to 10 gm dried herb, in divided doses. For preparations of known coumarin content, the equivalent of up to 30 mg of coumarin, or up to 1 mg/kg body weight[19, 28].

Silvia® Feminin Formula (Alta Care) see Hops

STINGING NETTLE

see Nettle

TAMARIND

Tamarindus indica

Family: Fabaceae
Medicinal Parts: Fruit pulp, dried seeds.

Indications:
Principal: Acute or chronic constipation[14, 28, 455].
Major: Liver and gallbladder ailments, stomachache, fever[14, 28, 455].
Minor: Gastric ulceration[456], obesity[457].
Others: Bilious vomiting, pharyngitis, stomatitis, haemorrhoids[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: Aspirin (increased bioavailability leading to GI bleeding)[14].

Dose: 10 to 50 gm of cleaned tamarind paste, pure or with other purgatives daily; taken in fruit cubes[28].

2-Day DetoxPlan (HealthAid) see Milk Thistle

Erbalax® Delicato Sciroppo (Erba Vita) see Rhubarb

HCA (Higher Nature)
Tablets; Tamarind fruit extract 750mg, providing hydroxycitric acid (HCA) (60%) 450mg.
Local Distributor: Health Plus

Lass-B (Erba Vita) see Dandelion

TEA TREE

Melaleuca alternifolia

Family: Myrtaceae
Medicinal Parts: Essential oil from leaves and branches.

Indications:
Principal: Acne vulgaris[458, 459], athlete's foot, onychomycosis[5, 28, 460].
Major: Dandruff, cystitis[5, 28, 460].
Minor: Vaginitis, cervicitis, gingivitis, MRSA infection[5, 28, 461].
Others: Cold sores[462], head lice eradication[5].

Contraindications: Eczematous or inflamed skin (may cause irritation). The essential oil should not be used internally in the form of an oral rinse that is not swallowed or as a vaginal douche[5, 28].

Side-effects: Contact dermatitis[5, 28]. Diarrhoea, CNS toxicity, and coma may occur if sufficient quantities are ingested[28].

Drug interactions: None known.

Dose:
Onychomycosis: 100% essential oil applied twice daily.
Tinea pedis: 10% essential oil in cream base applied twice daily.
Acne: 5% essential oil in cream or gel base applied twice daily.
Vaginitis: intravaginally applied tampons saturated in a 1% emulsified solution, vaginal pessaries containing 0.2 gm essential oil.
Cervicitis: Intravaginally applied tampons saturated in a 20% emulsified solution[5].

Aloe Vera ESI® (ESI) see Aloe Vera

Herbal Cream (HealthAid) see Arnica

Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica (dr. organic®) see Aloe Vera

Organic Pomegranate (dr.organic®) see Pomegranate

Organic Tea Tree (dr.organic®)
Cream; Tea tree, aloe vera, sesame seed oil, cocoa butter.
Lip balm; Tea tree oil, shea butter, beeswax, vitamin E.
Mouthwash; Tea tree oil, Iceland moss, grapefruit.
Nail solution; Tea tree oil, undecylenic acid, sweet almond oil, rice bran oil, jojoba oil, vitamin E.
Oil; Tea tree.

Stick; Tea tree, arnica.
Toothpaste; Tea tree oil, aloe vera, silica, Iceland moss, horse chestnut.
Local Distributor: Galea & Galea

Rash Relief Cream (Rapaid) see Aloe Vera

Tea Tree (Bios Line)
Ointment; Sweet almond oil 3%, tea tree essential oil 0.5%, lavender essential oil 0.5%, olive glycerine maceration 2%, thyme hydrolat 5%.
Local Distributor: Collis Williams Ltd.

Tea Tree (HealthAid)
Cream, lotion; Sweet almond oil, tea tree.
Shampoo; Tea tree.
Soap; Tea tree oil.
Local Distributor: Galea & Galea

Tea Tree (Nelsons)
Cream; *Melaleuca alternifolia*.
Local Distributor: Serolf Trading Agency

Tea Tree Balm (Power Health)
Balm; Tea tree oil, aqua, cetearyl alcohol, petrolatum.
Local Distributor: Kemimport Ltd.

Tea Tree & Witch Hazel Cream (Lanes) see Witch Hazel

Teenstick (Arkopharma) see Clove

THYME

Thymus vulgaris

Family: Labiatae
Medicinal Parts: Leaves, flowering tops.

Indications:
Principal: Respiratory tract infections (particularly bronchitis)[5, 9, 19, 28, 463, 464].
Major: Diarrhoea, gastritis, dyspepsia, skin disinfection in minor wounds (topical use)[5, 9, 19, 28].
Minor: Inflammations of the mouth and throat, enuresis in children[5, 9, 19, 28, 463].
Others: Insect bites and stings, athlete's foot & other fungal infections, scabies, lice, oral cavity squamous cell carcinoma[464, 5, 9, 19, 28].

Cautions: Enterocolitis, congestive heart failure[5], pregnant women[19].

Contraindications: People who are allergic to the Labiatae family[5].

Side-effects: Nausea, vomiting, headache, dizziness, convulsions, cardiac or respiratory arrest if taken internally; contact dermatitis with topical use[5, 28].

Drug interactions: None known.

Dose: The recommended daily dose is 10 gm drug with 0.03% phenol, calculated as thymol. When using a liquid extract, 1 to 2 gm is taken 1 to 3 times daily. The single dose for the infusion is 1.5 gm drug, or 1 to 2 gm drug per cup of water taken several times a day. The dose for the powder is 1 to 4 gm drug twice daily[28].

Alito Fresco e Balsamico (Sella) see Eucalyptus

Altacura® Broncotuss (Alta Care) see Meadowsweet

Candiclear (Higher Nature)
Capsules; Thyme 25mg, rosemary 25mg, lemon balm 25mg, Pau D'arco 25mg, calcium octanoate 175mg, magnesium octanoate 175mg.
Local Distributor: Health Plus

Ivy-Thyme Complex (A.Vogel)
Liquid; Tinctures of fresh ivy herb 40%, thyme herb 35%, licorice dried root 24.875%, aniseed essential oil 0.075%, eucalyptus essential oil 0.05%.
Local Distributor: Health Plus

Mucovit® Sciroppo Adulti (Erba Vita) see Grindelia

Mucovit® Sciroppo Bambini (Erba Vita) see Grindelia

Tusserbe® Fluid (ESI) see Mullein

TRAGACANTH

Astragalus gummifer

Family: Fabaceae
Medicinal Parts: Gum-like exudation from trunk and branches.

Indications:
Principal: Constipation[28].
Major: Treatment of eye, liver & throat tumors[28].

Cautions: Maintain adequate fluid intake (insufficient intake can lead to obstruction ileus & oesophageal closure)[28].

Side-effects: Allergic reactions in rare cases[28].

Drug interactions: None known.

Dose: A typical single dose is 1 tsp granulated drug (approximately 3 gm) added to 250 to 300 ml liquid for oral administration[28].

Astragalus (HealthAid)
Liquid; Astragalus extract 1:3 (equiv. of 330mg of astragalus herb in 1ml).
Tablets; Astragalus root powder 545mg (standardised for min 0.5% glycosides and 70% polysaccharides).
Local Distributor: Galea & Galea

Herbal Female Complex (Solgar) see Black Cohosh

Wintervits® (HealthAid)
Tablets; Astragalus powder 230mg, echinacea (*Echinacea purpurea*) extract (4:1) 225mg, maitake mushroom powder 225mg, rutin 100mg, propolis extract (4:1) 150mg, white willow bark 50mg, vitamin C 1000mg, zinc 15mg, calcium 100mg, quercetin 30mg.
Local Distributor: Galea & Galea

TURMERIC

Curcuma domestica

Family: Zingiberaceae
Medicinal Parts: Dried secondary rhizome.

Indications:
Principal: Cancer prevention (notably for GI, colorectal & prostate cancer)[465, 466], osteoarthritis[467] and other inflammatory conditions – inflammatory bowel disease, pancreatitis[468, 469, 470].
Major: Hyperlipidaemia, cardiovascular diseases, type 2 diabetes, hypertension, stroke[471], dyspepsia[468], peptic ulcers[5, 14, 28, 470].
Minor: Chronic anterior uveitis[469], oral submucous fibrosis[5].
Others: Jaundice, skin infections, psoriasis[5, 468].

Cautions: Avoid high doses in males and females wanting to conceive, suspend concentrated extracts 1 week prior to major surgery[5].

Contraindications: Bile duct obstruction[5, 28], breast cancer patients treated with cyclophosphamide[5], hyperacidity or GI ulcers, pregnancy[28].

Side-effects: Contact dermatitis[5, 28].

Drug interactions: Beta-blockers, midazolam[470], anticoagulants, cyclophosphamide[5].

Dose: The average daily dose is 1.5 to 3 gm of drug. The powder should be taken 2 to 3 times daily after meals; the tea (2 to 3 cups) should be taken between meals. The tincture dose is 10 to 15 drops 2 to 3 times daily[28].

4.3.2.1 Performance Detox (Arkopharma) see Green Tea

Allergforte™ (HealthAid) see Nettle

Altacura® Influtuss (Alta Care) see Meadowsweet

Altacura® Influtuss Extra (Alta Care) see Papaya

Atrotone® (HealthAid)
Prolonged release tablets; Turmeric powder 100mg, green lipped mussel powder 350mg, glucosamine sulphate 250mg, free glucosamine 195mg, chondroitin sulphate 200mg, methyl sulfinyl methane 150mg, collagen type II 100mg, manganese 2mg.
Local Distributor: Galea & Galea

DLPA & Turmeric (Quest)
Tablets; DL-Phenylalanine 250mg, curcumin 100mg, black pepper extract providing piperine 2.5mg.
Local Distributor: Pharma MT Ltd.

FootCare Cream (Himalaya) see Fenugreek

JointWise Complete Multipack (Vega)
Hard capsules; Turmeric 35mg, MSM complex 10mg, calcium 85mg.
Tablets; Glucosamine 1500mg, chondroitin 1200mg.
Soft capsules; Marine omega 3 fatty acids and fish oil 1000mg.
Local Distributor: Alfred Gera & Sons Ltd.

Livercare® (HealthAid) see Milk Thislte

Milk Thistle Complex (HealthAid) see Milk Thistle

Multi-Max® Advance (Lamberts)
Tablets; Turmeric extract 50mg, green tea extract 50mg, grapeseed extract 10mg,vitamin A 781mcg, vitamin D 10mcg, vitamin E 30mg, vitamin C 120mg, thiamin 5mg, riboflavin 4mg, niacin 4mg, vitamin B6 10mg, folic acid 500mcg, vitamin B12 500mcg, biotin 0.15mg, pantothenic acid 12mg, vitamin K 40mcg, calcium 100mg, iron 7mg, magnesium 50mg, zinc 15mg, iodine 150mcg, manganese 4mg, copper 1.2mg, selenium 200mcg, chromium 200mcg, choline bitartrate 5mg, inositol 5mg, PABA 5mg, lutein 2mg.
Local Distributor: Health Plus

Osteoflex® (HealthAid)
Prolonged release tablets; Glucosamine sulphate 500mg, of which: free glucosamine 390mg, chondroitin sulphate 400mg, vitamin C 100mg, turmeric powder 100mg, manganese 2mg.
Local Distributor: Galea & Galea

Osteoflex® Plus (HealthAid)
Prolonged release tablets; Glucosamine sulphate 500mg, of which: free glucosamine 390mg, chondroitin sulphate 400mg, vitamin C 100mg, turmeric powder equivalent 100mg, manganese 2mg, hyluronic acid 55mg.
Local Distributor: Galea & Galea

Turmeric 10,000mg (Lamberts)
Tablets; Turmeric spice 10,000mg (as a 500mg extract).
Local Distributor: Health Plus

Turmeric Root Extract (HealthAid)
Tablets; Curcumin powder extract 350mg (derived from turmeric) standardised for a min 95% curcuminoids, turmeric powder 150mg, bromelain 20mg.
Local Distributor: Galea & Galea

UVA-URSI

Arctostaphylos uva-ursi

Family: Ericaceae
Medicinal Parts: Leaves.

Indications:
Principal: Urinary tract infections[9, 28, 45, 472].
Major: Cystitis, urethritis, dysuria, pyelitis, lithuria[9, 28].

Cautions: Not for unsupervised, prolonged use[28].

Contraindications: Kidney disorders, irritated digestive disorders, acidic urine, pregnancy, lactation, children under 12 years. It should not be administered with substances that cause acidic urine since it reduces its antibacterial effect[9, 28, 45].

Side-effects: Individuals with gastric sensitivity may experience nausea, vomiting and/or stomachache[28, 45].

Drug interactions: Iron, thiazide & loop diuretics[28].

Dose: Unless otherwise prescribed, three to four times daily: dried leaf, 1.5-2.5 gm or in infusion or cold aqueous extract; liquid extract (1:1, 25% ethanol), 1.5-2.5 ml; tincture (1:5, 25% ethanol), 2-4 ml. Treatment should be of short duration (maximum of 7 days). An 'alkaline' diet, high in vegetables and fruit,

should be taken during treatment[45].

Aquaflow® (HealthAid) see Dandelion

Boldo Multi-Herbal Complex (Healthlife) see Boldo

Slim-Rite (HealthAid) see Alfalfa

Uva Ursi (HealthAid)
Liquid; Uva ursi extract 1:3 (equiv. of 330mg of uva ursi herb) in 1ml.
Local Distributor: Galea & Galea

Uva-ursi complex (A.Vogel)
Liquid; Tinctures of fresh aerial parts of bearberry 75%, Echinacea herb 23.75%, fresh Echinacea root 1.25%.
Local Distributor: Health Plus

Vegilax® (HealthAid) see Blessed Thistle

Vitamin B12 (Quest)
Tablets; Vitamin B12 500mcg, uva ursi leaf extract 25mg (equiv. to 100mg herb powder).
Local Distributor: Pharma MT Ltd.

Saw Palmetto 1000mg & Uva Ursi 100mg (Power Herbs) see Saw Palmetto

VALERIAN

Valeriana officinalis

Family: Valerianaceae
Medicinal Parts: Roots, rhizome.

Indications:
Principal: Insomnia, anxiety and psychological stress states[5, 9, 14, 28, 45, 473, 474, 475].
Major: Restlessness, muscle spasm & cramping (associated with dysmenorrhoea)[5, 9, 28, 45, 474, 476].
Minor: Fibromyalgia, benzodiazepine withdrawal[5].

Cautions: When driving a car or operating heavy machinery when high doses are used[5], pre-existing liver disease, pregnancy & breastfeeding[28].

Side-effects: Rarely, GI complaints and contact allergies[28].

Drug interactions: Alcohol, barbiturates, benzodiazpeines, caffeine, chlorzoxazone, dextromethorphan[5, 28, 474].

Dose: Unless otherwise prescribed, up to three times daily: dried root and rhizome, 1-3 gm or by infusion; tincture (1:5, 70% ethanol), 3-5 ml; equivalent preparations[45].

5-HTP (Solgar) see Griffonia

Controller® Natural Sleep (Alta Care) see Linden

Dormeasan® (A.Vogel)
Liquid; Valerian extract and hops extract obtained from freshly harvested organically cultivated valerian root and hops.
Local Distributor: Health Plus

Kalms (Lanes)
Tablets; Hops powder 45mg, valerian extract 135mg, gentian extract 90mg.
Local Distributor: Collis Williams Ltd.

Magnolia, Valerian, St. John's Wort

Complex (HealthAid) see Hoodia

Natrasleep (Natra)
Tablets; Hops powders extract (5:1) 33.4mg, valerian powder extract (4:1) 62.5mg.
Local Distributor: Collis Williams Ltd.

Quiet Life (Lanes) see Hops

Sedivitax (Aboca) see Passionflower

Tranquil™ (HealthAid) see Hawthorn

Valerian (HealthAid)
Tablets; Valerian root powder 50mg, valerian root extract 215mg (standardised for min 0.8% valerinic acid).
Local Distributor: Galea & Galea

Valerian 270mg (Power Herbs)
Capsules; Valerian root powder 270mg.
Local Distributor: Kemimport Ltd.

Valerian 1600mg (Lamberts)
Tablets; Valerian 1600mg (provided by 400mg of a 4:1 extract).
Local Distributor: Health Plus

Valerian Herbal Complex (Vega)
Capsules; Valerian root powder 300mg; valerian root extract (4:1) 150mg (min. 0.8% valerenic acid) equiv. to 900mg valerian root herb; Vega Phytoantioxidant Base™ 45mg providing antioxidants and prebiotics: apple and mixed wild berries concentrate 8:1, equiv. to herb 72mg, prebiotic acacia gum 36mg.
Local Distributor: Alfred Gera & Sons Ltd.

Valerian Root (HealthAid)
Liquid; Valerian extract 1:3 (equiv. of 330mg of valerian herb) in 1ml.
Local Distributor: Galea & Galea

Valerian Root Extract (Solgar)
Vegicaps; Raw valerian root powder 300mg, standardised valerian root extract (providing 1mg [0.8%] valerenic acid) 150mg, PhytO2X ä (powdered blend of beta-carotene prep. and ascorbic acid).
Local Distributor: Natural Remedies

VELVET BEAN

Mucuna pruriens

Family: Fabaceae
Medicinal Parts: Seeds, hairs on the pod.

Indications:
Principal: Parkinson's disease[477, 478, 479].
Major: Impotence, erectile dysfunction[479].
Minor: To increase testosterone, anabolic/androgenic aid to stimulate growth hormone, as a weight loss aid[479].
Others: Worm infestation[28, 479].

Contraindications: Pregnancy[479].

Side-effects: Itching, burning and inflammation if stinging hairs are in contact with the skin[28].

Drug interactions: None known.

Dose: Decoction: ½ to 1 cup twice daily; 1-2 gm twice daily of seed powder (tablets or capsules)[479].

Male Formula (HealthAid) see Ginseng Korean

Male Max™ (HealthAid) see Ginseng Korean

WHITE WILLOW

Salix species

Family: Salicaceae
Medicinal Parts: Bark.

Indications:
Principal: Osteoarthritis, rheumatoid arthritis, fever, headaches[5, 9, 14, 28, 45, 480].
Major: Lower back pain[481].
Minor: Gout[9, 28, 45].

Cautions: Pregnancy, children, gastric or duodenal ulcers, hemophilia, asthma, diabetes[5, 28].

Contraindications: Salicylate hypersensitivity[5, 28].

Side-effects: None known.

Drug interactions: Anticoagulants, salicylate drugs, aspirin, NSAIDs[5, 28].

Dose: Unless otherwise prescribed, three times daily: dried bark, 1-2 gm or in decoction; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 5-8 ml; standardised dosage forms containing 20-40 mg of total salicin[45].

Arthur's Formula Ltd (Power Health) see Devil's Claw

Cellusite™ (HealthAid)
Tablets; 200mg white willow bark extract 2:1, 100mg dandelion, 66mg kelp, burdock 60mg, butcher's broom 60mg, 40mg guarana seed extract (1:4), 20mg rose hip, 20mg blessed thistle, 10mg buchu, 10mg cough grass, 10mg hydrangea, 10mg uva ursi, 10mg juniper berry, 66mg apple cider vinegar, quercetin 60mg, potassium 40mg, 32mg lecithin, 20mg dimethylglycine.
Local Distributor: Galea & Galea

Hip & Thigh Formula (HealthAid)
Tablets; White willow bark 100mg, dandelion root 50mg, kelp 33mg, burdock powder 30mg, butcher's broom 30mg, guarana (extract 4:1) 20mg, rose hip 10mg, blessed thistle 10mg, buchu 5mg, cough grass 5mg, hydrangea 5mg, uva ursi 5mg, juniper berry 5mg, apple cider vinegar 33mg, quercetin 30mg, lecithin 16mg.
Local Distributor: Galea & Galea

White Willow Bark (HealthAid)
Liquid; White willow bark extract 1:3 (equiv. of 330mg of white willow herb) in 1ml.
Local Distributor: Galea & Galea

WILD LETTUCE

Lactuca virosa

Family: Asteraceae/Compositae
Medicinal Parts: Leaves.

Indications:
Principal: Insomnia, restlessness & nervous excitability, particularly in children[9, 45, 482].
Major: Irritable cough, whooping cough, asthma[9, 28, 45, 482].
Minor: Rheumatic pains, atherosclerosis[9, 28, 45, 482].
Others: Urinary tract disorders[28, 482].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: CNS depressants[482].

Dose: Unless otherwise prescribed, three times daily: dried leaf, 0.5-4 gm or by infusion; liquid extract (1:1, 25% ethanol), 0.5-4 ml[45].

WILD OREGANO

Origanum vulgare

Family: Labiatae
Medicinal Parts: Leaves.

Indications:
Principal: Colds and flu, bacterial and viral infections including herpes simplex virus outbreaks[28, 483, 484, 485].
Others: Coughs, dyspepsia, painful menstruation, rheumatoid arthritis, urinary tract disorders[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: *Tea*: 1 cup several times a day. *Powder*: 0.5 to 1 dessertspoon 2 to 3 times daily with food[28].

WILD YAM

Dioscorea villosa

Family: Dioscoreaceae
Medicinal Parts: Root, rhizome.

Indications:
Principal: Topical HRT for women[5, 14, 19, 28, 486].
Major: PMS, dysmenorrhoea, postmenopausal vaginal dryness, osteoporosis, to increase energy and libido in men and women[5, 28, 487].
Minor: Acute phase of rheumatoid arthritis, rheumatic and arthritic ailments, biliary and intestinal colic[5, 19, 28, 486].
Others: Diverticulitis, cholecystitis, nausea in pregnancy[5, 28].

Cautions/contraindications: None known.

Side-effects: Nausea, vomiting & diarrhoea with large doses[5, 19].

Drug interactions: Indomethacin, oestrogen containing drugs[28].

Dose: Three times daily: dried root, 2-4 gm or by infusion or decoction; liquid extract (1:1 in 45% alcohol), 2-4 ml; tincture (1:5 in 45% alcohol), 2-10 ml[19].

Altasterol® Stimulant (Alta Care) see Ginger

Silvia® Feminin Formula (Alta Care) see Hops

Wild Yam (HealthAid)
Liquid; Wild Yam 1:3 (equiv. of 330mg of wild yam herb) in 1ml.
Tablets; Wild yam extract 83.5mg (equiv. to 500mg of wild yam powder).
Local Distributor: Galea & Galea

WITCH HAZEL

Hamamelis virginiana

Family: Hamamelidaceae
Medicinal Parts: Bark, leaf.

Indications:
Principal: Haemorrhoids, wounds & burns, localized inflamed swellings of skin & mucous membranes[9, 14, 28, 488].
Major: Haematemesis, haemoptysis, menstrual complaints[9, 28].
Minor: Varicose veins[9, 28].

Cautions: Avoid long term administration as it may lead to liver damage[9, 28], pregnancy & breastfeeding[14].

Contraindications: None known.

Side-effects: Contact dermatitis[14].

Drug interactions: None known.

Dose: *Daily dosage*: Decoction: 250 ml water with 5-10 gm drug or washes or pultrices; 2 to 3 gm to 150 ml water as a gargle solution. Suppositories: 0.1-1 gm drug 3 times daily. Tea: 1 cup 2-3 times daily between meals; liquid extract: 2-4 ml 3 times daily[28].

Altadrine® Day Burner (Alta Care) see Grapeseed

Arnica (Bios Line) see Arnica

Organic Aloe Vera Gel Infused with Cucumber, Witch Hazel and Calendula (dr.organic®) see Aloe Vera

Organic Aloe Vera Gel Infused with Organic Tea Tree Oil and Arnica (dr. organic®) see Aloe Vera

Tea Tree & Witch Hazel Cream (Lanes)
Cream; Distilled witch hazel BPC 40.61%, eucalyptus oil BPC 1.04%, methyl salicylate BP 1.04%, camphor BP 0.52%, tea tree oil BPC 2.50%, zinc oxide BP 3.11%.
Local Distributor: Collis Williams Ltd.

Venalta® (Alta Care) see Grapeseed

Venalta® Ampoules (Alta Care) see Grapeseed

Vitiven® ultra cold (Arkopharma) see Butcher's Broom

Witch Hazel (Arkopharma)
Capsules; Witch hazel powder 290mg (4.5% polyphenols).
Local Distributor: Pharmacos Ltd.

WOLFBERRY

Lycium barbarum

Family: Solanaceae
Medicinal Parts: Dried berries, root bark.

Indications:
Principal: Ophthalmic disorders (treatment or prevention of visual degeneration)[28, 489, 490, 491, 492].
Major: Hypertension, diabetes[491, 492, 493, 494].
Minor: Erectile dysfunction, cancer, inflammation[28, 492].

Contraindications: Pregnancy[28].

Side-effects: None known.

Drug interactions: Antidiabetic agents, warfarin[492, 495].

Dose: *Daily dose*: Drug/tea: 6-12 gm or 6-15 gm, depending on the literature source[28].

Goji Berry 500mg (Power Health) Capsules; Goji berry powder 125mg equiv. to fresh goji berries 500mg. Local Distributor: Kemimport Ltd.

WOOD BETONY

Betonica officinalis

Family: Labiatae
Medicinal Parts: Basal leaves.

Indications:
Principal: Headaches, pain in the facial region[496].
Major: Nervous stress, emotional tension, premenstrual complaints, sinusitis headaches & nasal congestion when used in combination with other herbs (including comfrey & linden)[28, 496].
Minor: Nosebleeds[496].
Others: Cough, bronchitis, asthma[28].

Cautions/contraindications: None known.

Side-effects: None known.

Drug interactions: None known.

Dose: The infusion can be taken daily. The total daily dosage of the powder is 1-2 gm, to be taken in 3 separate doses. The fresh leaves may be boiled and used for wounds and swelling[28].

WORMWOOD

Artemisia absinthium

Family: Asteraceae/Compositae
Medicinal Parts: Aerial shoots, leaves.

Indications:
Principal: Dyspeptic complaints including flatulence & mild GI spasms, loss of appetite[19, 497].
Major: Stimulations of weak and underactive digestions[19].
Minor: As a tonic with general strengthening effect in debility and convalescence, especially in influenza and colds; worm infestations[19, 28, 498].

Cautions: Continuous use of wormwood is not advisable[28].

Contraindications: History of seizures and gastric or duodenal ulcers, pregnancy, breastfeeding[19, 28].

Side-effects: None at recommended dose levels. Depending on the thujone content, excessive doses can lead to vomiting, severe diarrhoea, dazed feelings spasms and hallucinations[19, 28].

Drug interactions: Phenobarbital, iron[28].

Dose: Three times daily: dried herb, 1-2 gm as an infusion; liquid extract 1:1 in 25% alcohol, 1-2 ml; tincture 1:10 in 70% alcohol, 5-10 ml[19]. *Duration of treatment should not exceed 3-4 weeks[19].*

Wormwood (HealthAid)
Capsules; Wormwood freeze dried herb 350mg.
Local Distributor: Galea & Galea

YARROW

Achillea millefolium

Family: Asteraceae/Compositae
Medicinal Parts: Flowerhead.

Indications:
Principal: Bruises, swelling, strains, fever, colds[9, 14, 28, 45, 499, 500].
Major: Essential hypertension[501], amenorrhoea, loss of appetite, dyspeptic complaints[9, 14, 28, 45, 500].
Minor: Thrombotic conditions, diarrhoea, dysentery[9, 500].
Others: Liver disease, cancer[499].

Contraindications: Known hypersensitivity to yarrow or other Compositae[14, 45], pregnancy[28, 499].

Side-effects: Contact dermatitis[14, 28].

Drug interactions: None known.

Dose: Unless otherwise prescribed, three times daily: dried herb, 2-4 gm in infusion; liquid extract (1:1, 25% ethanol), 1-2 ml; tincture (1:5, 25% ethanol), 2-4 ml; pressed juice from fresh herb, 3-5 ml[45].

YELLOW DOCK

Rumex crispus

Family: Polygonaceae
Medicinal Parts: Roots.

Indications:
Principal: Constipation[9].
Major: Psoriasis[9], acute & chronic inflammation of the nasal passages and respiratory tract[28].
Minor: Obstructive jaundice[9].

Cautions: Avoid excessive use, pregnancy, breastfeeding[9].

Contraindications: Existing intestinal obstruction[9].

Side-effects: Overuse may cause abdominal cramps and diarrhoea, and prolonged use may lead to intestinal atrophy and hypokalaemia[9].

Drug interactions: None known.

Dose: Dried root: 2-4 gm or by decoction three times daily; liquid extract (1:1, in 25% ethanol), 2-4 ml three times daily; tincture (1:5, in 45% alcohol), 1-2 ml three times daily[9].

2-Day DetoxPlan (HealthAid) see Milk Thistle

Aquaflow® (HealthAid) see Dandelion

Herbal Booster™ (HealthAid) see Guarana

Vegilax® (HealthAid) see Blessed Thistle

YELLOW MELILOT

see Sweet Clover

YOHIMBE

Pausinystalia yohimbe

Family: Rubiaceae
Medicinal Parts: Bark.

Indications:
Principal: Erectile dysfunction, decreased libido[14, 28, 502].

Contraindications: Liver & kidney disease, chronic inflammation of the sexual organs or prostate gland, history of gastric or duodenal ulcers, psychiatric patients, pregnancy, breastfeeding, children under 12 yrs of age[28].

Side-effects: GI upset, anxiety, hypertension, headache, agitation, rash, tachycardia, frequent urination[14, 28, 502].

Drug interactions: Tyramine-containing food, alcohol, antihypertensive agents, antidepressants & other centrally-acting drugs[14, 28].

Dose: *Erectile dysfunction*: 10 mg three times daily. *Erectile impotence*: 5.4 mg (1 tablet) three times daily. Therapy should not exceed 10 weeks[28].

YUCCA

Yucca schidigera

Family: Agavaceae
Medicinal Parts: Leaves.

Indications:
Principal: Hypertension, hypercholesterolaemia[9, 503, 504].
Major: Arthritis, joint pain[9, 505].
Minor: To clean wounds and prevent infections, to clear up and prevent acne (topically)[504].

Cautions: Pregnancy, lactation[9].

Side-effects: None known.

Drug interactions: None known.

Dose: There is no proven safe or effective dose for yucca.

Yucca Root (HealthAid)
Liquid; Yucca root extract 1:3 (equiv. of 330mg of yucca herb) in 1ml.
Tablets; Yucca root extract (4:1) 140mg (equiv. to 560mg of yucca root powder).
Local Distributor: Galea & Galea

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Indications Index

Indications	Common Name
Abdominal bloating	Clove
Abdominal pain	Rhubarb
Abortifacient	Peony
Abrasions	Marshmallow
Abscesses	Marshmallow Slippery Elm
Aches	California Poppy
Acne	Agnus Castus Burdock Clove Echinacea Lavender Myrrh Saffron Tea Tree
Acne prevention	Yucca
Acute ischaemic stroke	Ginkgo
Acute viral hepatitis	Milk Thistle
Addison's disease	Licorice
ADHD	Evening Primrose Starflower
Adjuvant in slimming	Maté
Adrenocorticoid insufficiency	Licorice
Age related learning & memory impairment	Horny Goat Weed
Aging skin	Grapeseed
Alcoholic liver disease	Milk Thistle
Alcohol-induced hangovers	Artichoke
Alcoholism	Cayenne
Allergic rhinitis	Nettle

Indications	Common Name
	Starflower
Allergies	Devil's Claw Ephedra Feverfew Pau D'Arco
Alopecia	Lavender Rosemary
Altitude sickness	Rhodiola
Alzheimer's disease	Brahmi Lemon Balm
Amenorrhoea	Fennel Marigold Myrrh Parsley Pineapple Saffron Yarrow
Anaemia	Baobab Rhodiola
Anal fissures	Buckthorn Clove Psyllium
Androgenetic alopecia	Saw Palmetto
Angina pectoris	Arnica Hawthorn
Anorexia	Angelica Bitter Orange Blessed Thistle Centaury Cranberry Fennel Gentian Ginger Guar Gum
Anxiety	Brahmi Chamomile, German Damiana Gotu Kola Griffonia (5-HTP)

Indications	Common Name
	Hawthorn Hops Lavender Lemon Balm Linden Maca Oats Passionflower St. John's Wort Valerian
Appetite stimulant	Juniper
Appetite suppression	Fennel Hoodia
Arrhythmias	Dong Quai Hawthorn Safflower
Arteriosclerosis	Bladderwrack Garlic Olive
Artery & heart spasm	Griffonia (5-HTP)
Artery hardening	Buckwheat
Arthralgia	Horny Goat Weed
Arthritic pain	Comfrey
Arthritis	Alfalfa Angelica Bamboo Barberry Bilberry Cat's Claw Celery Feverfew Garlic Horse Chestnut Juniper Kelp Licorice Nettle Pau D'Arco Rose Hip Yucca
As a contraceptive	Cat's Claw
As an abortifacient	Horseradish

Indications	Common Name
As an eyewash	Rose Hip
Asthma	Alfalfa Bamboo Boswellia Brahmi Cat's Claw Dong Quai Ephedra Eucalyptus Evening Primrose Feverfew Ginkgo Grindelia Green Coffee Horny Goat Weed Hyssop Magnolia Mullein Olive Pomegranate Prickly Ash Sage Schisandra Sundew Wild Lettuce Wood Betony
Atherogenesis	Acerola
Atherosclerosis	Garlic Green Tea Hawthorn Pomegranate Safflower Wild Lettuce
Atherosclerosis prophylaxis	Cayenne
Athlete's foot	Goldenseal Tea Tree Thyme
Atopic eczema	Evening Primrose
Bacterial infections	Olive Sorrel Wild Oregano
Bacterial skin ailments	Chamomile, German

Indications	Common Name
Bed sores	Marigold Myrrh
Bee stings	Marigold
Benign prostatic hyperplasia	Nettle
Benign urinary tract disorders	Juniper
Benzodiazepine withdrawal	Valerian
Biliary and intestinal colic	Wild Yam
Biliary complaints	Rose Hip
Bilious vomiting	Tamarind
Bladder disease	Buchu California Poppy Mallow Meadowsweet
Bladder & kidney stones	Hydrangea
Bladder & prostate infections	Pau D'Arco
Bladder catarrh	Cleavers
Bladder weakness	Oats
Bleeding	Bilberry
Bleeding of mucous membranes	Cranesbill
Blepharitis	Eyebright Fennel Goldenseal
Bloating	Rosemary Sage
Bloating & flatulence	Horehound Lavender
Blood diseases	Chickweed Cranberry
Blood purifying	Burdock
Body lice	Angelica

Indications	Common Name
Boils	Marshmallow Rice Slippery Elm
Bone healing	Comfrey
BPH	Red Clover
BPH stages I and II	Pygeum
Breast & stomach cancer	Rice
Breast cancer	Rosemary
Breast lumps	Cleavers
Breast, colon, prostate cancer	Flaxseed
Breast-milk stimulation	Caraway
Brittle fingernails	Horsetail
Bronchial asthma	Iceland Moss
Bronchial catarrh	Elecampane
Bronchial inflammation	Shiitake Mushroom
Bronchial phlegm	Chickweed
Bronchitis	Angelica Aniseed Bitter Orange Black Cohosh Boneset Brahmi Caraway Chickweed Clove Cranesbill Dong Quai Elecampane Ephedra Fennel Flaxseed Garlic Grindelia Horehound Horseradish Hyssop Iceland Moss Ivy Leaf Juniper

Indications	Common Name
	Lemongrass
	Linden
	Luffa
	Mallow
	Marshmallow
	Meadowsweet
	Mullein
	Nasturtium
	Oregon Grape
	Papaya
	Red Clover
	Safflower
	Saffron
	Scotch Pine
	Slippery Elm
	Sundew
	Thyme
	Wood Betony
Bruises	Arnica
	Comfrey
	Horse Chestnut
	Marigold
	Mullein
	Pineapple
	Sweet Clover
	Yarrow
Burns	Echinacea
	Eucalyptus
	Flaxseed
	Gotu Kola
	Horsetail
	Ivy Leaf
	Lavender
	Mullein
	Olive
	Pineapple
	Rhubarb
	St. John's Wort
	Slippery Elm
	Sweet Clover
	Witch Hazel
Cachexia	Iceland Moss
Calluses	Ivy Leaf
Cancer	Burdock
	Cat's Claw
	Cinchona

Indications	Common Name
	Cinnamon
	Cranberry
	Grapeseed
	Karela
	Kelp
	Milk Thistle
	Passionflower
	Pau D'Arco
	Saffron
	Sage
	Starflower
	Wolfberry
	Yarrow
Cancer prevention	Ginkgo
	Ginseng Korean
	Gotu Kola
	Green Tea
	Olive
	Shiitake Mushroom
	Turmeric
Candida & yeast infections	Pau D'Arco
Candidosis	Pomegranate
Canker sores	Goldenseal
Capillary resistance	Grapeseed
Carbuncles	Burdock
	Roselle
Cardiac insufficiency	Arnica
Cardiovascular disease	Brahmi
	Dong Quai
	Safflower
	Starflower
	Turmeric
Cataract worsening	Bilberry
Catarrh of the respiratory tract	Fennel
	Linden
Cervicitis	Tea Tree
Chemoprevention	Milk Thistle
Chemotherapy induced nausea	Ginger

Indications	Common Name
Chemotherapy induced oral mucositis	Chamomile, German
Chemotherapy-related fatigue	Guarana
Chilblains	Arnica Horsetail
Chills	Rose Hip
Cholecystitis	Oregon Grape Wild Yam
Cholera	Saffron
Chronic anterior uveitis	Turmeric
Chronic CHF	Goldenseal
Chronic constipation	Psyllium
Chronic cough	Ivy Leaf
Chronic fatigue syndrome	Bilberry Evening Primrose Licorice
Chronic headache	Griffonia (5-HTP)
Chronic nasal catarrh	Hyssop
Chronic nephritis	Safflower
Chronic otitis media	Mullein
Chronic stress	Licorice
Chronic venous insufficiency	Buckwheat Butcher's Broom
Cognitive function improvement	Brahmi
Cold sores	Tea Tree
Colds	Catnip Clove Colt's Foot Ephedra Feverfew Ginger Goldenseal Lemongrass Meadowsweet Pau D'Arco Rose Hip Roselle Shiitake Mushroom Wild Oregano Yarrow
Colic	Catnip Clove Prickly Ash Rose Hip Saffron
Colic & teething in children	Chamomile, German
Collagenous colitis	Boswellia
Colon cancer prophylaxis	Celery
Colon diseases	Nettle Rice
Colorectal cancer	Garlic Psyllium
Common cold	Acerola Cinnamon Elder Hyssop Scotch Pine
Common cold prevention	Garlic
Complaints arising from chronic venous insufficiency	Sweet Clover
Congestive diseases of upper & lower respiratory tract	Scotch Pine
Conjunctivitis	Eyebright Fennel Goldenseal Marigold Roselle
Connective tissue disorders	Hawthorn
Constipation	Aloe Vera Buckthorn Cascara sagrada

Indications	Common Name
	Damiana
	Dong Quai
	Flaxseed
	Gamboge
	Guar Gum
	Pau D'Arco
	Pineapple
	Rhubarb
	Safflower
	Senna
	Tamarind
	Tragacanth
	Yellow Dock
Contact dermatitis	Rosemary
Convalescence	Barley
	Wormwood
COPD	Pomegranate
Corns & calluses	Garlic
Coronary artery relaxation	Bilberry
Coronary heart disease	Flaxseed
Cough	Bamboo
	Celery
	Clove
	Comfrey
	Elecampane
	Eyebright
	Fennel
	Feverfew
	Flaxseed
	Grindelia
	Hyssop
	Linden
	Luffa
	Magnolia
	Mallow
	Meadowsweet
	Nasturtium
	Papaya
	Passionflower
	Prickly Ash
	Red Clover
	Schisandra
	Scotch Pine
	Wild Oregano

Indications	Common Name
	Wood Beton
Coughs & colds	Mullein
Coughing fits	Sundew
Cramps	Peony
Crohn's disease	Slippery Elm
Crural ulcer	Marigold
Cutaneous capillary fragility	Sweet Clover
Cuts	Marigold
Cystitis	Buchu
	Cleavers
	Hydrangea
	Juniper
	Parsley
	Plantain
	Slippery Elm
	Tea Tree
	Uva-Ursi
Dandruff	Birch Leaf
	Nettle
	Tea Tree
Daytime sleepiness	Peppermint
Dead sperm excess disease	Safflower
Debility	Wormwood
Decreased epididymal sperm count	Maca
Decreased libido	Damiana
	Ephedra
	Horny Goat Weed
	Passionflower
	Saw Palmetto
	Yohimbe
Decreased resistance to physical and emotional stress	Schisandra
Decreases libido	Peppermint
Defecation with anal fissures/haemorrhoids	Cascara sagrada

Indications	Common Name
Degenerative conditions associated with aging	Ginseng Korean
Dementia	Ginkgo Sage
Dental caries	Green Tea
Dental plaque	Cranberry
Depression	Black Cohosh California Poppy Damiana Griffonia (5-HTP) Kola Nut Maca Maté Milk Thistle Muira-Puama Rhodiola Saffron Siberian Ginseng St. John's Wort Starflower
Dermatitis	Bilberry Licorice Pau D'Arco St. John's Wort
Diabetes	Alfalfa Bilberry Chicory Cranberry Dandelion Evening Primrose Garlic Green Tea Guar Gum Gymnema Juniper Karela Kelp Maca Milk Thistle Oats Olive Papaya Pau D'Arco Plantain Psyllium
	Raspberry Rice Starflower Wolfberry
Diabetic complaints prevention	Licorice
Diabetic microangiopathy	Gotu Kola
Diabetic retinopathy	Bilberry Grapeseed
Diagnostic preparation of the GIT	Cascara sagrada
Diarrhoea	Baobab Barberry Barley Bilberry Cardamom Cat's Claw Colt's Foot Cranesbill Green Coffee Green Tea Horehound Horse Chestnut Kola Nut Magnolia Muira-Puama Nettle Oregon Grape Passionflower Plantain Pomegranate Prickly Ash Raspberry Rhubarb Rice Schisandra Thyme Yarrow
Diarrhoea in children	Cinnamon
Difficulty in passing urine	Nettle
Digestive complaints	Goldenseal

Indications	Common Name
	Guarana
	Iceland Moss
	Pineapple
Digestive disorders	Bladderwrack
	Cayenne
	Cinnamon
	Cranberry
	Fenugreek
	Gamboge
	Marshmallow
Digestive, respiratory & UTIs	Echinacea
Diseases involving immunosuppression	Shiitake Mushroom
Diseases of the skin & mucous membranes	Peony
Dislocations	Arnica
Diverticulitis	Flaxseed
	Wild Yam
Dry cough	Iceland Moss
	Marshmallow
	Sundew
Dry or inflamed skin	Evening Primrose
Dry skin	Barberry
Dysentery	Boswellia
	Nettle
	Pomegranate
	Saffron
	Yarrow
Dysmenorrhoea	Bilberry
	Black Cohosh
	Caraway
	Cranesbill
	Fennel
	Ginger
	Goldenseal
	Guarana
	Horehound
	Marigold
	Myrrh
	Parsley
	Passionflower

Indications	Common Name
	Pineapple
	Raspberry
	Safflower
	Valerian
	Wild Oregano
	Wild Yam
Dyspepsia	Blessed Thistle
	Cayenne
	Centaury
	Chamomile, German
	Chicory
	Gentian
	Green Tea
	Lavender
	Licorice
	Parsley
	Peppermint
	Plantain
	Pomegranate
	Rosemary
	Sage
	Slippery Elm
	Thyme
	Turmeric
	Wild Oregano
Dyspeptic complaints	Angelica
	Aniseed
	Boldo
	Caraway
	Cardamom
	Cinchona
	Dandelion
	Devil's Claw
	Fennel
	Ginger
	Guar Gum
	Juniper
	Milk Thistle
	Neem
	Raspberry
	Wormwood
	Yarrow
Dyspnoea	Schisandra
Dysuria	Buchu
	Cleavers
	Grapeseed
	Parsley

Indications	Common Name
	Uva-Ursi
Eczema	Chickweed Dandelion Echinacea Gotu Kola Lavender Marigold Nettle Olive Oregon Grape Red Clover Rosemary Sarsaparilla Scotch Pine Starflower
Emetic	Peony
Emmenagogue in reproductive health	Karela
Emotional tension	Wood Betony
Energy/stamina	Guarana
Enhance athletic performance	Guarana
Enlarged prostate	Horse Chestnut Hydrangea
Enteritis	Flaxseed Peppermint
Enuresis	Horsetail
Enuresis in children	Thyme
Environmental allergies	Shiitake Mushroom
Epilepsy	Brahmi Cardamom Gotu Kola Griffonia (5-HTP) Peony
Epistaxis	Marigold
Erectile dysfunction	Ginseng Korean Velvet Bean Wolfberry Yohimbe
Erythema of the skin	Burdock

Indications	Common Name
Essential hypertension	Yarrow
Excitability	Peony
Exhaustion	Celery Oats
Eye fatigue syndrome	Eyebright
Eye inflammation	Chickweed
Eye strain	Eyebright Grapeseed
Fatigue	Ginseng Korean Green Coffee Green Tea Peppermint Rhodiola Siberian Ginseng
Febrile conditions	Pineapple Rose Hip
Febrile diseases	Boneset
Feeling of heaviness	Horse Chestnut
Festering wounds	Green Coffee
Fever & colds	Blessed Thistle Linden
Fibromyalgia	Griffonia (5-HTP) Valerian
Fissures	Marshmallow Peony
Flatulence	Blessed Thistle Cinchona Clove Gentian Magnolia Olive Parsley Peppermint Prickly Ash Rosemary Sage Sweet Clover Wormwood
Flu	Cinchona Pau D'Arco

Indications	Common Name
	Shiitake Mushroom Wild Oregano Yarrow
Fluid retention	Celery Grapeseed
For evacuation of the bowel	Senna
For recovery from GI disorders	Rice
Frostbite	Cayenne Marigold
Fullness & distension of the abdomen	Magnolia
Fullness & pressure in chest area	Magnolia
Functional eye disorders	Eyebright
Fungal infections	Shiitake Mushroom Thyme Wild Oregano
Furunculosis	Arnica
Gall bladder disorders	Barberry Horseradish
Gall bladder inflammation	Olive
Gall stones	Rose Hip
Gall stones prophylaxis	Artichoke
Gallbladder & liver complaints	Chicory
Gastric & duodenal ulcers	Iceland Moss Marigold
Gastric complaints	Bitter Orange
Gastric disorders	Cinchona
Gastric juice deficiencies	Rose Hip
Gastric reflux	Slippery Elm

Indications	Common Name
Gastric ulcers	Brahmi Cat's Claw Fenugreek Sundew Tamarind
Gastritis	Barley Cat's Claw Comfrey Flaxseed Iceland Moss Oregon Grape Peppermint Safflower Slippery Elm Thyme
Gastroenteritis	Magnolia Mallow Rhubarb
Gastrointestinal inflammatory disorders	Marigold
Gastroprotection during heart surgery	Ginseng Korean
Generalised seizures	Passionflower
Generalized anxiety disorders	Ginkgo
Genital herpes	Aloe Vera
Gestational diabetes	Cinnamon
GI ailments (flatulence, GI spasms)	Garlic
GI atony	Gentian
GI complaints	Karela Lemon Balm Oats Papaya Plantain Rhodiola
GI disorders	Burdock Centaury Evening Primrose Lemongrass Meadowsweet Pau D'Arco

Indications	Common Name
	St. John's Wort
GI spasms	Wormwood
GI ulcers	Comfrey Olive
Gingivitis	Chamomile, German Green Tea Marigold Myrrh Sage Tea Tree
Glaucoma	Ginkgo
Glossitis	Sage
Glucosuria	Guar Gum
Goiter	Kelp
Gonorrhoea	Grapeseed
Gout	Barberry Bilberry Birch Leaf Bitter Orange Buchu Burdock Celery Chickweed Couch Grass Cranberry Ivy Leaf Juniper Magnolia Meadowsweet Oats Olive Peony Plantain Rose Hip Slippery Elm White Willow
Gum disease	Comfrey
Gum infections	Cranesbill
Gynaecological disorders	Catnip

Indications	Common Name
***H. Pylori* infection**	Cinnamon Garlic
***H. Pylori* prevention**	Cranberry
Haematemesis	Witch Hazel
Haematuria	Plantain
Haemoptysis	Witch Hazel
Haemorrhoids	Bilberry Buckthorn Butcher's Broom Chamomile, German Chickweed Cranesbill Goldenseal Grapeseed Horse Chestnut Marigold Milk Thistle Mullein Myrrh Papaya Passionflower Plantain Pomegranate Psyllium Rhubarb Sweet Clover Tamarind Witch Hazel
Hair loss	Birch Leaf Horsetail Nasturtium
Hayfever	Ephedra
Head lice	Tea Tree
Headache	Clove Elecampane Grapeseed Green Tea Guarana Hops Karela Maté Peppermint Rosemary Saffron

Indications	Common Name
	White Willow
	Wood Betony
Heart disease	Shiitake Mushroom
Heartburn	Rice
Helminthic infections	Celery
Hepatitis	Green Coffee
	Shiitake Mushroom
Hepatitis C infection	Milk Thistle
Hepatobiliary dysfunction	Boldo
Hepatocyte repair	Milk Thistle
Hepatoprotection	Schisandra
Herpes simple infection	Clove
	Hawthorn
	St. John's Wort
	Wild Oregano
Herpes simplex type I	Lemon Balm
Herpes zoster	Roselle
Hiccups	Peppermint
HIV infection	Aloe Vera
	Karela
Hoarseness	Cayenne
	Eyebright
	Hyssop
	Iceland Moss
Hot flushes	Agnus Castus
HRT	Wild Yam
Hypercholesterolaemia	Alfalfa
	Artichoke
	Celery
	Evening Primrose
	Fenugreek
	Flaxseed
	Garlic
	Goldenseal
	Green Tea
	Gymnema
	Horehound
	Karela
	Maca
	Milk Thistle
	Myrrh
	Olive
	Pomegranate
	Safflower
	Yucca
Hyperglycaemia	Caraway
	Ginseng Korean
Hyperlipidaemia	Fenugreek
	Grapeseed
	Hawthorn
	Myrrh
	Oats
	Psyllium
	Shiitake Mushroom
	Turmeric
Hyperlipoproteinaemia	Guar Gum
Hypertension	Buckwheat
	Cardamom
	Dong Quai
	Evening Primrose
	Garlic
	Hawthorn
	Horehound
	Linden
	Oats
	Olive
	Plantain
	Pomegranate
	Roselle
	Safflower
	Shiitake Mushroom
	Starflower
	Turmeric
	Wolfberry
	Yucca
Hypertriglyceridaemia	Celery
	Gymnema
	Myrrh
Hypotension	Prickly Ash
	Rosemary
Hypothyroidism	Brahmi
	Kelp

Indications	Common Name
Hysteria	Celery Linden
IBD	Aloe Vera Artichoke Barley Boswellia Brahmi Green Tea Iceland Moss Peppermint Psyllium Slippery Elm Turmeric
Ichthyosis	Burdock
Idiopathic hirsutism	Fennel
Impaired night vision	Bilberry
Impotence	Pygeum Rhodiola Saw Palmetto Siberian Ginseng Velvet Bean
Increasing arousal & vigilance	Green Coffee
Indigestion	Aniseed Barberry Hops Rice Saffron Sweet Clover
Infantile colic	Caraway
Infantile seborrheic dermatosis	Starflower
Infected & poorly healing wounds	Nasturtium
Infected throat	Cayenne
Infection/cold prevention	Luffa
Infections	Rhodiola Schisandra

Indications	Common Name
Infectious diseases	Linden Shiitake Mushroom
Inflamed joints	Slippery Elm
Inflamed mucosa	Mullein
Inflamed mucous membranes	Witch Hazel
Inflamed skin conditions	Slippery Elm
Inflammation	Arnica Devil's Claw Kola Nut Pineapple Prickly Ash Starflower Sweet Clover Wolfberry
Inflammation & ulcers in gastro-duodenal area	Papaya
Inflammation of mouth & pharynx	Bilberry Clove Colt's Foot Green Coffee Horehound Iceland Moss Mallow Marshmallow Myrrh Plantain Thyme
Inflammation of the nasal passages & respiratory tract	Sorrel Yellow Dock
Inflammation of the urinary organs	Sarsaparilla
Inflammation of the urinary tract	Corn Silk
Inflammatory & febrile diseases	Neem
Inflammatory & purulent conditions	Echinacea

Indications	Common Name
Inflammatory skin lesions	Marigold
Inflammed skin swellings	Witch Hazel
Influenza	Boneset Cinnamon Colt's Foot Raspberry Rose Hip
Inhibition of thrombus formation	Safflower
Insect bites	Feverfew Lavender Thyme
Insect repellant	Celery Eucalyptus Lemongrass Rosemary
Insect stings	Marshmallow Thyme
Insomnia	Bitter Orange California Poppy Chamomile, German Griffonia (5-HTP) Lavender Lemon Balm Oats Passionflower Saffron Schisandra St. John's Wort Valerian Wild Lettuce
Insufficient bile production	Dandelion
Insulin sensitivity/ metabolic syndrome	Flaxseed
Intermittent caludication	Prickly Ash
Intermittent fever	Plantain
Internal bleeding	Nettle

Indications	Common Name
Intestinal catarrhs	Hyssop
Intestinal colic	Parsley
Intestinal parasites	Papaya Pomegranate Pumpkin Slippery Elm
Intestinal worms	Chicory
Irritability	Schisandra
Irritable bladder prevention	Pumpkin
Irritable colon	Flaxseed
Irritable cough	Wild Lettuce
Itching & swelling	Butcher's Broom Horse Chestnut
Jaundice	Barberry Chicory Horehound Milk Thistle Saffron Turmeric
Joint & tissue inflammation	Horseradish
Joint pain	Yucca
Joint stiffness	Chickweed
Kidney & bladder stones	Hawthorn Horsetail Kidney Bean Nettle
Kidney ailments	Dong Quai Meadowsweet Oats
Kidney stones	Barberry Olive Pumpkin Rose Hip
Kidney, bladder, gall bladder disorders	Devil's Claw
Kidney, bladder, prostate disorders	Alfalfa

Indications	Common Name
Labour aid	Feverfew
Lack of alertness	Guarana
Lack of appetite	Sage
Lack of concentration	Lavender
Lack of stamina	Kola Nut Siberian Ginseng
Laryngitis	Caraway
Learning & memory impairment	Maca
Leg cramps	Butcher's Broom
Leg ulcers	Echinacea Hops Linden
Leishmaniasis	Barberry
Leprosy	Gotu Kola Pomegranate
Leucopenia	Echinacea
Leukaemia	Pau D'Arco
Libido	Oats
Lice	Aniseed Thyme
Lithuria	Uva-Ursi
Liver & gall bladder conditions	Artichoke Dandelion Oregon Grape Tamarind
Liver and biliary duct conditions	Angelica
Liver damage	Schisandra
Liver disease	California Poppy Rhubarb Yarrow
Liver malfunction	Barberry
Loss of appetite	Angelica Artichoke Bitter Orange
	Blessed Thistle Caraway Cardamom Cayenne Celery Centaury Chicory Cinchona Cinnamon Dandelion Devil's Claw Fenugreek Gentian Horehound Iceland Moss Milk Thistle Muira-Puama Roselle Siberian Ginseng Wormwood Yarrow
Loss of voice	Lavender
Low back pain	Devil's Claw
Low mental & physical performance	Rhodiola
Low mood	Peppermint Rhodiola St. John's Wort
Lower back pain	White Willow
Lower urinary tract disorders	Rose Hip
Lumbago	Barberry Cayenne Lemongrass
Lung cancer prevention	Aloe Vera
Lymphadenoid goiter	Bladderwrack
Macular degeneration	Bilberry Ginkgo
Malaria	Baobab Barberry Cinchona
Male bladness	Pygeum

Indications	Common Name
Male infertility	Saw Palmetto
Male sexual dysfunction	Maca
Male sterility	Safflower
Malignant breast cancer	Pomegranate
Mastalgia	Evening Primrose Red Clover
Mastitis	Ginger
Mastopathy	Agnus Castus
Measles	Saffron
Memory enhancement	Gotu Kola Muira-Puama
Memory loss	Ginkgo
Menopausal symptoms	Black Cohosh Dong Quai Evening Primrose Fenugreek Ginseng Korean Hops Licorice Myrrh Red Clover Sage Starflower
Menorrhagia	Cranesbill Goldenseal Peppermint Saffron
Menstrual complaints	Angelica Dong Quai Elecampane Feverfew Nasturtium Witch Hazel
Menstrual cramps & irregularities	Cat's Claw Peony
Menstrual pains	Garlic Horse Chestnut Juniper
Mental & physical fatigue	Maté

Indications	Common Name
Micturition disorders in early stages of BPH	Pumpkin Saw Palmetto
Migraine	Catnip Dong Quai Ginger Green Coffee Green Tea Griffonia (5-HTP) Kola Nut Lavender Linden Peony
Migraine prophylaxis	Feverfew
Mild septicaemia	Echinacea
Minor burns & scalds	Marigold
Minor cuts & bruises	Lavender
Minor illness (e.g. cough, fever, headache)	Chamomile, German
Mood swings	California Poppy
Morning sickness	Cardamom
Motion sickness	Ginger
Mouth freshener	Cardamom
Mouth ulcers	Cranesbill Myrrh
MRSA infection	Tea Tree
Multiple sclerosis	Evening Primrose
Muscle cramps	Cinchona
Muscle pain	Cayenne Cinchona Garlic Nasturtium Scotch Pine
Muscular rheumatism	Black Cohosh
Myalgia	Parsley Peppermint Rosemary St. John's Wort
Myocarditis	Arnica

Indications	Common Name
Nasal catarrh	Boneset Chamomile, German Luffa
Nasal congestion	Ephedra Horseradish Hyssop Wood Betony
Nausea	Aniseed Clove Iceland Moss Rice
Nausea in pregnancy	Wild Yam
Nerve pain	Lemon Balm
Nervous agitation	California Poppy
Nervous disorders	Catnip
Nervous dyspepsia	Damiana
Nervous excitability	Wild Lettuce
Nervous restlessness	Passionflower
Nervous stress	Wood Betony
Nervous system stimulation	Green Coffee
Nervous system weakness	California Poppy
Nervousness	Celery Hops Lemon Balm Muira-Puama
Neuralgia	Clove Dong Quai Garlic Green Coffee Hops Lavender Passionflower Peony Peppermint Rosemary Scotch Pine
Neuralgic & rheumatic pain	Lemongrass

Indications	Common Name
Neurasthenia	California Poppy Oats Peony
Neurodegenerative disorders	Gotu Kola
Neuronal & cognitive brain function improvement	Bilberry
Neuropathy	California Poppy
Neuroprotective effect	Rosemary
Nicotine abuse	Oats
NIDDM	Fenugreek
Night blindness	Guar Gum
Night sweats	Schisandra
Nocturnal cramp in lower legs	Horse Chestnut
Nocturnal enuresis	California Poppy Corn Silk
Nosebleeds	Wood Betony
NYHA functional class II CHF	Hawthorn
Obesity	Bitter Orange Bladderwrack Griffonia (5-HTP) Kelp Magnolia Tamarind
Obstructive jaundice	Yellow Dock
OCD	St. John's Wort
Oedema	Arnica Gotu Kola Green Coffee Hops Horse Chestnut Horseradish Rhubarb Sweet Clover
Oily hair	Nettle
Oliguria	Maté

Indications	Common Name
Onychomycosis	Tea Tree
Ophthalmic disorders	Wolfberry
Opiate addiction	Passionflower
Opium & alcohol intoxication	Green Coffee
Opium or morphine withdrawal	Barberry
Oral cavity squamous cell carcinoma	Thyme
Oral submucous fibrosis	Turmeric
Organic neuroses	California Poppy
Orthostatic hypotension	Butcher's Broom
Osteoarthritis	Boswellia Ginger Olive Turmeric White Willow
Osteoporosis	Horny Goat Weed Starflower Wild Yam
Osteoporosis prevention	Red Clover
Otitis	Garlic
Oversensitivity to light	Eyebright
Pain & swelling associated with trauma	Safflower
Pain & weakness in hip and knee joints	Siberian Ginseng
Pain in facial region	Wood Betony
Painful labour	Saffron
Painful teething in children	Rhubarb
Palpitations	Schisandra
Pancrease excretion insufficiency	Papaya
Pancreatitis	Grapeseed Turmeric

Indications	Common Name
Parkinson's disease	Griffonia (5-HTP) Velvet Bean
Pelvic pain	Saw Palmetto
Peptic & duodenal ulcers	Cranesbill
Peptic ulcers	Bilberry Goldenseal Licorice Slippery Elm Turmeric
Perineal discomfort following childbirth	Lavender
Peripheral vascular disease	Angelica Ginkgo
Peripheral venous insufficiency	Grapeseed
Pertussis	Safflower
Pharyngitis	Comfrey Fennel Myrrh Olive Sage Tamarind
Phlebitis	Arnica Ivy Leaf Sweet Clover
Phlegm	Plantain
Physical or mental exhaustion	Ginseng Korean
Platelet aggregation	Starflower
PMS	Agnus Castus Black Cohosh Evening Primrose Ginkgo Red Clover St. John's Wort Starflower Wild Yam Wood Betony
Pneumonia	Rice

Indications	Common Name
Polycystic ovary disease	Licorice
Polyneuropathy	St. John's Wort
Poor appetite	Kola Nut Magnolia
Poor circulation	Scotch Pine
Poor digestion	Buckthorn Horehound Sage
Poor memory	Sage
Poorly healing skin ulcers	Bilberry
Poorly healing wounds	Marigold
Post prandial hyperglycaemia	Guar Gum
Post traumatic & postoperative swelling	Pineapple
Postmenopausal vaginal dryness	Wild Yam
Postoperative nausea	Ginger Peppermint
Post-traumatic & static oedema	Horsetail
Pregnancy discomfort	Devil's Claw
Prevention of altitude sickness	Ginkgo
Prevention of sexual disorders roctitis	Marigold Muira-Puama
Profuse phlegm in lungs	Magnolia
Prophylaxis of scurvy	Acerola
Prostate cancer preventions	Red Clover
Prostatic hyperplasia	Maca
Prostatitis	Buchu Corn Silk Horsetail Hydrangea Saw Palmetto

Indications	Common Name
Protection against UVA, UVB and UVC	Maca
Pruritus	Mullein Oats
Psoriasis	Aloe Vera Burdock Karela Milk Thistle Olive Oregon Grape Pau D'Arco Red Clover Saffron Sarsaparilla Turmeric Yellow Dock
Psychiatric & neurological disorders	Griffonia (5-HTP)
Psychological stress	Valerian
Pulled muscles & ligaments	Comfrey
Pulmonary disease	Boswellia
Pyelitis	Uva-Ursi
Pyrexia	Baobab Catnip Cayenne Cinchona Elder Feverfew Goldenseal Green Coffee Guarana Horse Chestnut Lemongrass Magnolia Meadowsweet Olive Prickly Ash Raspberry Saffron Starflower Tamarind White Willow Yarrow

Indications	Common Name
Pyrexia & infection prophylaxis	Maté
Raised arterial pressure	Linden
Raynaud's syndrome	Evening Primrose Prickly Ash
Rectal inflammation	Flaxseed
Recto-anal post-operative treatment	Cascara sagrada
Recurrent ear infections	Goldenseal
Reduced fertility	Pygeum
Reduces sun burn	Grapeseed
Renal calculi	Couch Grass
Renal gravel	Parsley
Reperfusion injury	Grapeseed
Respiratory catarrh	Aniseed Horehound Iceland Moss Marshmallow Mullein Myrrh
Respiratory conditions	Elder Myrrh
Respiratory infections	Garlic Licorice Pau D'Arco Peppermint
Respiratory tract diseases	Colt's Foot Peony
Restlessness	Chamomile, German Hops Linden Valerian Wild Lettuce
Retinopathy	Ginkgo
Rheumatic conditions	Dandelion Devil's Claw Feverfew Horsetail

Indications	Common Name
	Ivy Leaf Parsley Prickly Ash Rose Hip Rosemary
Rheumatic pain	Couch Grass Maté Meadowsweet Sweet Clover Wild Lettuce
Rheumatism	Angelica Arnica Barberry Birch Leaf Bladderwrack Boldo Buchu Burdock Cascara sagrada Cat's Claw Cayenne Celery Chickweed Eucalyptus Gotu Kola Horse Chestnut Ivy Leaf Juniper Kelp Lemon Balm Licorice Magnolia Oats Olive Peony Sarsaparilla Scotch Pine Slippery Elm
Rheumatoid arthritis	Black Cohosh Boswellia Evening Primrose Ginger Horny Goat Weed Olive Peony Safflower Sarsaparilla Starflower

Indications	Common Name
	Siberian Ginseng Wild Oregano Wild Yam White Willow
Ringworm	Boswellia Goldenseal
Roemheld syndrome	Cardamom Olive
Scabies	Aniseed Grapeseed Thyme
Scalding	Roselle
Scaly skin	Oregon Grape
Schistosomiasis	Myrrh
Sciatica	Garlic Rosemary Safflower St. John's Wort
Scurvy	Cranberry Nasturtium Plantain
Sea sickness	Cayenne
Seasonal affective disorder	St. John's Wort
Seborrhea of the scalp	Burdock
Sexual dysfunction	Damiana Ginkgo
Sexual dysfunction in postmenopausal women	Maca
Sexual performance	Pygeum
Shortness of breath	Elder Ginger Magnolia
Sinusitis	Horseradish Luffa
Sinusitis headaches	Wood Betony
Sjogren's syndrome	Flaxseed

Indications	Common Name
Skin & mucous membrane inflammation	Chamomile, German
Skin blemishes	Rice
Skin cancer prevention	Milk Thistle
Skin damage	Horehound
Skin diseases	Chickweed Couch Grass
Skin disinfection in minor wounds	Thyme
Skin hyperpigmentation	Saffron
Skin infections **Skin inflammation**	Turmeric Comfrey Roselle
Skin problems	Baobab
Skin rashes	Cleavers
Skin scars	Gotu Kola
Sleep disorders	Sweet Clover
Sleep disturbances	Agnus Castus Hops Siberian Ginseng
Small wounds & sores	Clove
Smoking addiction	Colt's Foot St. John's Wort
Sore throat	Black Cohosh Burdock Cayenne Colt's Foot Cranesbill Fennel Garlic Hyssop Iceland Moss Mullein Pomegranate Saffron
Sores	Plantain Rice

Indications	Common Name
Spasmodic complaints of GIT, gall bladder and bile ducts	Peppermint
Spasmodic cough	Aniseed
Spasmodic disorders	Boldo
Sphincter disorders	Pygeum
Spider veins	Bilberry
Spinal problems	Horse Chestnut
Spontaeous perspiration	Rice
Sprains	Arnica Bladderwrack Comfrey Horse Chestnut Lemongrass Marigold Sweet Clover
Stiff neck	Lemon Balm
Stimulation of metabolism	Colt's Foot
Stomach ache	Buchu
Stomach pain	Magnolia
Stomach ulcers	Clove Elecampane Tamarind
Stomach upset	Chamomile, German Rice
Stomatitis	Raspberry Sage Tamarind
Stones in urinary tract	Papaya
Strained muscles	Lavender
Strains	Yarrow
Strep throat	Comfrey
Stress	Ginseng Korean Rhodiola Siberian Ginseng
Stroke	Turmeric

Indications	Common Name
Stroke & heart disease	Cayenne
Stye	Eyebright
Substitute for tobacco	Magnolia
Sudden deafness	Ginkgo
Sun burn	Olive
Sunburn protection	Green Tea
Superficial bleeding	Sweet Clover
Sweet taste suppression	Gymnema
Swellings	Rice Starflower Yarrow
Swollen & painful joints	Pineapple
Syphilis, gonorrhea	Pau D'Arco
Tapeworm infestation	Pomegranate
Teething in children	Catnip
Tendency to infection	Siberian Ginseng
Tenesmus	Rhubarb
Thrombosis	Evening Primrose
Thrombotic & cardiovascular disease	Ginseng Korean
Thrombotic conditions	Yarrow
Thyroid gland malfunction	Alfalfa
Tinea corporis	Garlic
Tinea cruris	Garlic
Tinea pedis	Garlic
Tinnitus	Black Cohosh Feverfew Ginkgo
Tiredness	Kola Nut
To achieve softer stools	Buckthorn
To clean wounds	Goldenseal Yucca
To facilitate parturition	Raspberry

Indications	Common Name
To improve and maintain physical & mental capacity	Damiana
To improve cognitive function	Lemon Balm
To increase break milk production	Fenugreek
To increase breast milk flow	Fennel
To increase energy and libido	Wild Yam
To increase mental concentration	Rosemary
To increase testosterone	Velvet Bean
To promote diuresis	Birch Leaf
To promote sexual function	Muira-Puama
To regulate menstruation	Juniper
To soften impacted faeces	Olive
To soften the skin	Mullein
To stimulate circulation	Hyssop
To stimulate growth hormone	Velvet Bean
To stimulate lactation	Aniseed
To stimulate milk production	Milk Thistle
Tonsillitis	Colt's Foot Cranesbill Olive Raspberry Sage
Toothache	Clove Feverfew Prickly Ash Rosemary Slippery Elm
Tracheitis	Mullein
Travel sickness	Chamomile, German
Tuberculosis	Chickweed Fenugreek Nasturtium
Tuberculosis & swelling of lymph nodes	Colt's Foot
Tumors of eye, liver & throat	Tragacanth
Tumours	Iceland Moss
Type 2 diabetes	Aloe Vera Buckwheat Cinnamon Horehound Turmeric
Ulcers	Baobab Blessed Thistle Burdock Cleavers Eucalyptus Gotu Kola Horehound Marshmallow Pau D'Arco Plantain Raspberry Starflower
Upper respiratory tract catarrh	Fenugreek Grindelia Nasturtium
Upper respiratory tract infections	Cranesbill Echinacea Eucalyptus Garlic Magnolia Siberian Ginseng Starflower
Urethritis	Buchu Horsetail Hydrangea Uva-Ursi
Urinary incontinence	Shiitake Mushroom
Urinary retention	Cleavers

Indications	Common Name
Urinary tract disorders	Baobab Barberry Corn Silk Marshmallow Wild Lettuce Wild Oregano
Urticaria	Chickweed Dandelion Scotch Pine
Uterine spasm	Black Cohosh Dong Quai
UTIs	Boldo Buchu Celery Couch Grass Cranberry Dandelion Elecampane Goldenseal Horseradish Horsetail Kidney Bean Nasturtium Pau D'Arco Uva-Ursi
Vaginitis	Garlic Goldenseal Tea Tree
Varicose ulcers	Lavender
Varicose veins	Buckwheat Butcher's Broom Comfrey Horse Chestnut Marigold Witch Hazel
Vascular insufficiency	Horse Chestnut
Vasomotor cephalgia	California Poppy
Vasomotor dysfunction	California Poppy
Vegetative-endocrine syndrome	California Poppy
Venous hypertension	Gotu Kola
Venous insufficiency circulatory disorders	Gotu Kola
Venous ulcers	Horse Chestnut
Vertigo	Feverfew Ginkgo
Viral diseases	Cat's Claw Karela
Viral infections	Licorice Olive Wild Oregano
Vitamin C deficiencies	Rose Hip
Vitamin deficiencies	Raspberry
Vomiting	Bilberry Cardamom Grapeseed Green Tea Iceland Moss Magnolia Saffron
Warts	Rice Sundew
Water retention	Dandelion
Weak & underactive digestion	Wormwood
Weak ligaments of the upper ankle joint	Scotch Pine
Weather sensitivity	California Poppy
Weeping eyes	Eyebright
Weight gain	Ephedra
Weight loss	Green Tea Gymnema Licorice Starflower
Weight loss aid	Guarana Psyllium Velvet Bean
Weight maintenance	Green Tea
Weight management	Magnolia

Indications	Common Name
Whooping cough	Clove Evening Primrose Garlic Grindelia Horehound Peony Wild Lettuce
Winter chills	Cinnamon
m infestations	Elecampane Karela Neem Prickly Ash Velvet Bean Wormwood
Wound care	Cranberry
Wound healing	Bilberry Grapeseed Rosemary
Wound management	Mallow
Wound treatment	Cat's Claw
Wounds	Blessed Thistle Chickweed Colt's Foot Echinacea Eucalyptus Gotu Kola Horsetail Ivy Leaf Karela Kola Nut Mullein Myrrh Pineapple Pomegranate Raspberry Slippery Elm Witch Hazel
Wounds & burns	Aloe Vera Chamomile, German

38 Bach™ Original Flower Remedies



Dr Edward Bach was a Physician and Homeopath who spent his life searching for the purest methods of healing. Dr Bach discovered 38 remedies which he split into seven different groups and can be combined to suit the individual. The flower remedies are made from wild plants, trees and bushes. They work by treating the individual rather than the disease or its symptoms and are a gentle way to manage your emotions and rediscover the positive side of ourselves.

Each of the 38 Bach™ Original Flower Remedies is unique and helps to treat a different emotion. Most people find it reasonably easy to select their own remedies. All you need to do is find the remedy (or remedies) that seem to reflect your situation, mood or personality the best.
You can mix up to seven together at a time. All the states described are everyday human emotions that we all feel from time to time. Even the most negative state has a corresponding positive quality that shows us what we can be when we are fully ourselves. Above all, you can use them to be yourself.

RESCUE Remedy®

RESCUE Remedy has been used by generations and is trusted as a safe, gentle and effective remedy to help restore inner calm, control and focus. It's relied upon for a wide range of everyday stressful situations as it can be taken by anyone, anywhere.

RESCUE Remedy is made up of a five individual flower essences that help you cope with the different emotional aspects of stressful situations: **Rock Rose** is used for terror and panic - **Impatiens** addresses irritation and impatience - **Clematis** is for inattentiveness and a lack of focus - **Star of Bethlehem** is for shock - **Cherry Plum** helps with irrational thoughts and a lack of self control.



BACH
Est. 1936
FLOWER REMEDIES

Contraindications Index

Contraindications	Common Name
Abdominal bloating	Dong Quai
Abdominal pain of unknown origin	Aloe Vera Buckthorn Cascara sagrada Rhubarb
Acidic urine	Uva-Ursi
Acute diarrhoea	Devil's Claw
Acute illness	Ginseng Korean
Acute infections	Dong Quai
Acute inflammatory intestinal disorders	Buckthorn Cascara sagrada Flaxseed Rhubarb Senna
Acute inflammatory illness of the oesophagus and stomach entrance	Flaxseed
AIDS	Echinacea
Allergy to cinnamon or Peru balsam	Cinnamon
Angle-closure glaucoma	Ephedra
Anorexia	Ephedra
Anxiety	Ephedra Green Tea
Appendicitis	Aloe Vera Buckthorn Cascara sagrada Gamboge Rhubarb Senna
Asthma	Chamomile, German Scotch Pine
Autoimmune disease	Cat's Claw Echinacea
Behavioural disorders	Ephedra

Contraindications	Common Name
Bile duct obstruction	Artichoke Boldo Dandelion Peppermint Turmeric
Bipolar disorder	Rhodiola
Bone marrow transplantation	Cat's Claw
Breast-feeding	Alfalfa Aloe Vera Black Cohosh Bladderwrack Boneset Cascara sagrada Cat's Claw Colt's Foot Comfrey Elecampane Feverfew Gamboge Ginger Goldenseal Griffonia (5-HTP) Horseradish Juniper Karela Kelp Lavender Magnolia Nettle Parsley Pomegranate Sage Starflower Uva-Ursi Wormwood Yohimbe
Bulimia	Ephedra
Cardiac arrhythmias	Green Tea Guarana
Cardiac disease	Bladderwrack Ephedra

Contraindications	Common Name
	Horny Goat Weed
	Siberian Ginseng
Children	Eucalyptus
	Pau D'Arco
Children under 2 years	Feverfew
Children under 4 years	Horseradish
Children under 12 years	Aloe Vera
	Buckthorn
	Cascara sagrada
	Hawthorn
	Uva-Ursi
	Yohimbe
Children under 18 years	Alfalfa
	Ephedra
Chronic constipation	Aloe Vera
Chronic diarrhoea	Dong Quai
Chronic inflammation of prostate gland	Yohimbe
Chronic inflammation of sexual organs	Yohimbe
Chronic irritable bowel, GI, hepatic or renal disease	Cayenne
Coeliac disease	Oats
Cold and flu	Dong Quai
Collagenosis	Echinacea
Colonic impaction	Psyllium
Contact with eyes or mucous membranes	Bitter Orange
Coronary thrombosis	Ginseng Korean
Depression	Ephedra
	Hops
Diabetes	Ephedra
	Licorice
	Nettle
Digestive disorders	Uva-Ursi
Duodenal ulcers	Cinnamon
	Devil's Claw

Contraindications	Common Name
	Gentian
	Kola Nut
	Wormwood
	Yohimbe
Eczema	Tea Tree
Emotional disorders	Ephedra
Epilepsy	Evening Primrose
	Schisandra
	Starflower
	Wormwood
Fever of unknown origin	Cinnamon
Foecal impaction	Cascara sagrada
G6PD deficiency	Goldenseal
	Karela
Gall bladder empyema	Dandelion
Gall bladder inflammation	Peppermint
Gallstones	Artichoke
	Cardamom
	Devil's Claw
GI obstruction	Aloe Vera
GI ulcers	Nasturtium
	Turmeric
GIT stenosis	Psyllium
Haemorrhage	Ginseng Korean
Haemorrhagic disease	Dong Quai
Haemorrhoids	Aloe Vera
Hepatic impairment	Clove
	Comfrey
	Eucalyptus
	Horse Chestnut
	Yohimbe
History of atopic hay fever	Chamomile, German
History of SLE	Alfalfa
HIV infection	Echinacea

Contraindications	Common Name
Hypermenorrhoea	Dong Quai
Hypersensitivity to chickpeas	Fenugreek
Hypersensitivity to Compositae family	Arnica Chamomile, German Echinacea Elecampane Feverfew Flaxseed Milk Thistle Yarrow
Hypersensitivity to Labiatae family	Thyme
Hypersensitivity to Tagetes spp.	Arnica
Hypersensitivity to the herb	Aloe Vera Aniseed Fenugreek Ginkgo Myrrh Peppermint Pygeum St. John's Wort Yarrow
Hypersensitivity to Umbelliferae family	Aniseed Fennel
Hypertension	Ephedra Goldenseal Green Tea Guarana Schisandra Siberian Ginseng
Hyperthyroidism	Bladderwrack Ephedra
Hypoglycaemia	Karela
Hypokalaemia	Licorice
Hypothyroidism	Lemon Balm
Hypotonia	Licorice
IBD	Gamboge Aloe Vera
Ileus	Dandelion

Contraindications	Common Name
Immunosuppressants **Inflammatory GIT disease**	Cat's Claw Eucalyptus
Inflamed skin	Tea Tree
Insomnia	Ephedra Green Tea
Intestinal disorders	Guar Gum
Intestinal obstruction	Buckthorn Cascara sagrada Flaxseed Oats Psyllium Rhubarb Senna Yellow Dock
Intestinal ulcers	Centaury Cinchona
Intracranial pressure	Schisandra
Leukosis	Echinacea
Liver cirrhosis	Licorice
Mental disorders	Ephedra
Mood disorders	Horny Goat Weed
Multiple sclerosis	Echinacea
Nausea	Aloe Vera Cascara sagrada
NSAID use	Barberry
Oedema due to impaired heart or kidney function	Horsetail
Oedema in cardiac or renal insufficiency	Birch Leaf Couch Grass
Oesophageal disease	Guar Gum
Oestrogen dependent tumours	Hops
Oestrogen or progesterone sensitive tumours	Agnus Castus
Open wounds	Cayenne

Contraindications	Common Name
Overactive sympathetic nervous system activity	Damiana
Paediatrics	Fennel Nasturtium
Pheochromocytoma	Ephedra
Photosensitivity	St. John's Wort
Pregnancy	Agnus Castus Alfalfa Aloe Vera Angelica Barberry Barley Black Cohosh Bladderwrack Blessed Thistle Boldo Boneset Buchu Burdock California Poppy Cascara sagrada Catnip Cat's Claw Celery Cinchona Cinnamon Colt's Foot Comfrey Devil's Claw Dong Quai Echinacea Elecampane Eucalyptus Fennel Fenugreek Feverfew Flaxseed Gamboge Ginkgo Ginseng Korean Goldenseal Gotu Kola Griffonia (5-HTP) Hawthorn Hops Horehound

Contraindications	Common Name
	Horseradish Hydrangea Hyssop Juniper Karela Kelp Kola Nut Lavender Lemon Balm Lemongrass Licorice Magnolia Marigold Meadowsweet Myrrh Nettle Oregon Grape Papaya Parsley Pau D'Arco Peppermint Pomegranate Prickly Ash Raspberry Rosemary Safflower Saffron Sage Saw Palmetto Slippery Elm Starflower Turmeric Uva-Ursi Velvet Bean Wolfberry Wormwood Yarrow Yohimbe
Psychiatric conditions	Yohimbe
Quinine hypersensitivity	Cinchona
Renal impairment	Aloe Vera Boldo Celery Comfrey Goldenseal Horse Chestnut Juniper Nasturtium

Contraindications	Common Name
	Parsley Uva-Ursi Yohimbe
Restlessness	Ephedra
Salicylate sensitivity	Meadowsweet White Willow
Schizophrenia	Starflower
Severe liver disease	Boldo Green Tea Peppermint
Severe renal insufficiency	Licorice
Stomach disease	Guar Gum
Stomach inflammation	Cayenne
Stomach obstruction	Gamboge
Stomach pain	Gamboge
Stomach ulcers	Cayenne Centaury Cinchona Cinnamon Devil's Claw Ephedra Gamboge Gentian Kola Nut Wormwood

Contraindications	Common Name
	Yohimbe
Stricture of the oesophagus & in GI area	Flaxseed
Suicidal tendency	Ephedra
Taking anticoagulants	Clove Papaya
Taking cyclophosphamide	Turmeric
Taking paracetamol	Clove
Thyrotoxicosis	Ephedra
Tuberculosis	Echinacea
Thyroid disorders	Maca
Ulcerated or broken skin	Horse Chestnut
Use before or during strenuous exercise	Ephedra
Use with stimulants	Ephedra Ginseng Korean
Vomiting	Aloe Vera Cascara sagrada
Whooping cough	Scotch Pine

Herb Name Index

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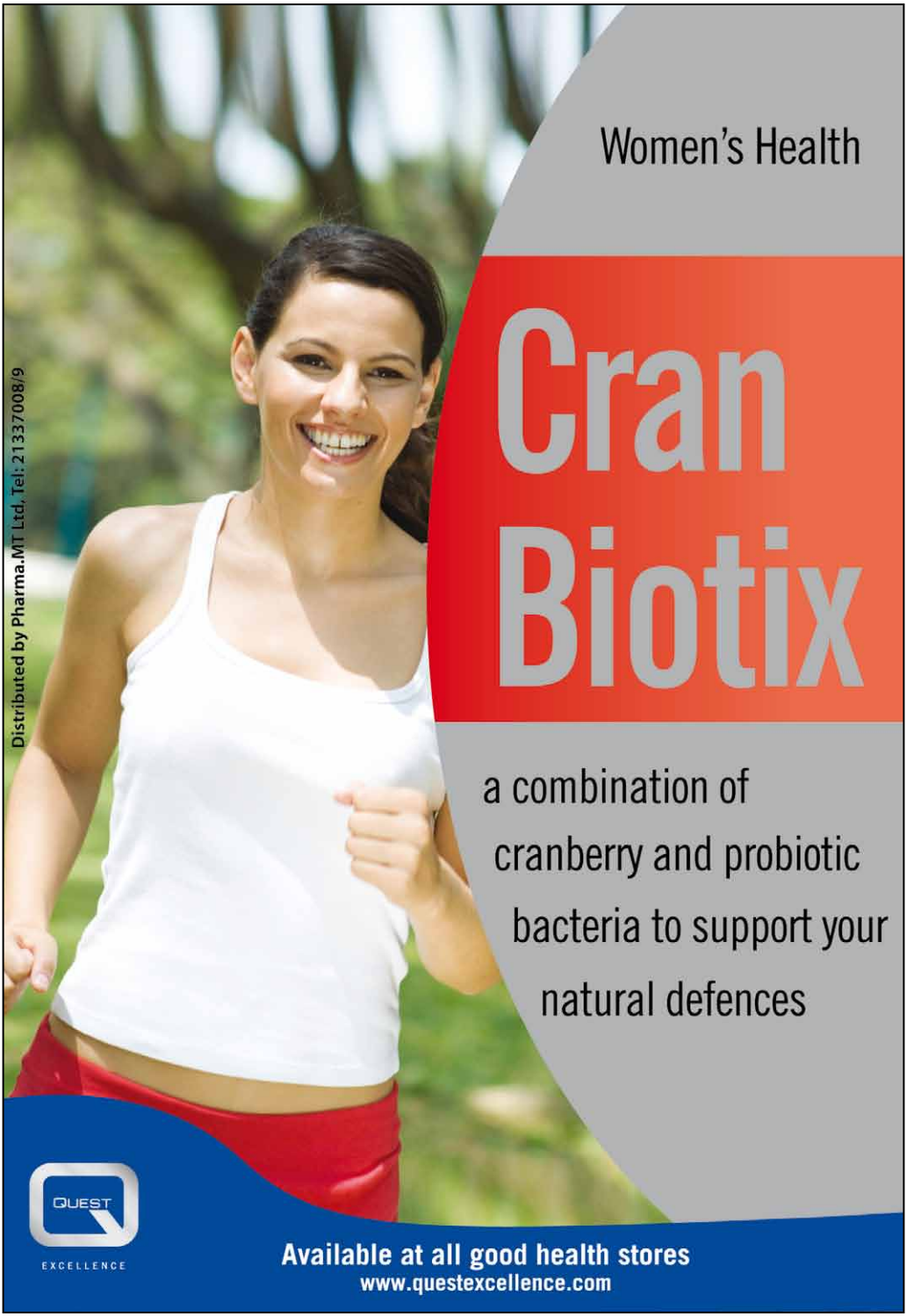
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